

### **National Nutrition Month® 2021**

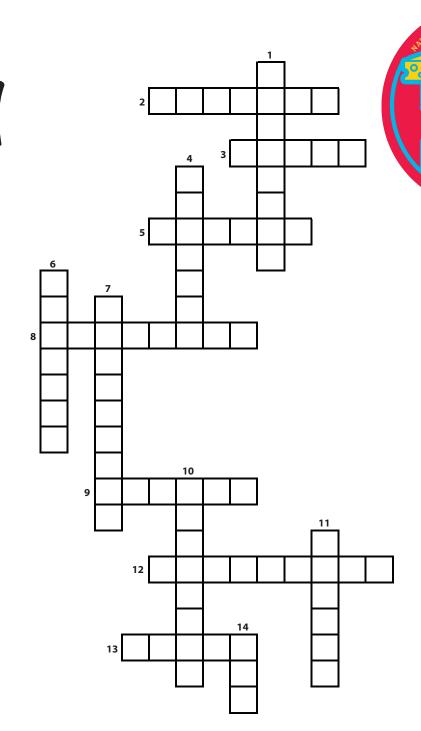
## Crossword Puzzle

## Across

- 2. Soups and dal are made with this legume.
- 3. A tropical fruit that is orange in color after the peel is removed and contains a large pit.
- 5. This dairy food is made with live cultures of healthful bacteria.
- 8. A tiny, round form of pasta that may be used in North African and Middle Eastern dishes.
- 9. A type of fatty fish that is a good source of omega-3 fatty acids.
- 12. Another name for garbanzo beans.
- 13. This term refers to grains that are not refined.

### DOWN

- 1. This fresh herb is used as an ingredient or as a condiment in a variety of cuisines.
- 4. The main ingredient in guacamole.
- 6. A soft cheese used as a filling in lasagna and raviolis.
- 7. A dish made with lima beans and corn.
- 10. The name for a type of fungi that is part of the vegetable group.
- $11.\,A\,vegetarian\,source\,of\,protein\,made\,from\,fermented\,soy beans.$
- 14. This protein food is a source of vitamin D.





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# Crossword Puzzle

Solution:

