ACROSS

1. This vegetable is sometimes called a red ___ but it is really a type of sweet potato.
2. Use cabbage to make this type of salad. Cabbage contains indoles that may help prevent cancer.
3. Drinking this beverage is beneficial to your health. It is a better choice than coffee.
4. You are what you ___.
5. This fruit begins with a “p” and its name describes its shape. It is high in fiber when eaten with the peel.
6. This long orange root vegetable is one of the richest sources of beta-Carotene.
7. This bulb vegetable can make your cry. It contains quercetin, a phytochemical that may lower your risk for heart disease and certain cancers.
8. String ___. (singular) This green vegetable contains good amounts of beta-Carotene & vitamin C.
9. A type of apple that is new and begins with “g”. Apples are high in pectin, a soluble fiber that helps lower cholesterol.
10. This bright green fruit is high in vitamin C. It tastes like a cross between a raspberry and a melon. Use it to brighten any salad or fruit salad.
11. Look for these round green beauties both fresh and frozen. They are a legume but served as a vegetable.
12. This common green vegetable is in the cruciferous family. It contains numerous phytochemicals that may help inhibit the growth of cancer.
13. Look for this large fruit during the summer. It comes in many varieties such as cantaloupe, honeydew and watermelon. Vitamin C and beta-carotene are two nutrients that are found in this juicy fruit.
14. This bulb vegetable is used for its flavor. It contains many phytochemicals which may help prevent cancer.
15. This vegetable contains capsaicin, a phytochemical that may help prevent arthritic pain. A Jalapeno is one.
16. This vegetable is also a grain. Enjoy it on the cobb.
17. This delicious tropical fruit is high in beta-Carotene and vitamin C. Its name rhymes with tango.
18. This fruit is eaten as a vegetable and is the main ingredient for pasta sauce and ketchup. It contains plenty of vitamin C and lycopene which may help prevent prostate cancer.
19. The American Institute for Cancer Research recommends that you eat at least this many servings of fruits and vegetables each day.
20. This small red fruit comes with a pit and appears in your store during the summer.
21. Go for the darkest green varieties of this leafy vegetable, which is the base for most salads.

DOWN


ANSWERS


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