MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.

Across
1. Use the My ________ as a guide.
2. Apples, oranges, and bananas fit into this food group.
3. This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
4. ________ are an orange vegetable.
5. Try fat-free or low ________ foods when you can.
6. Use whole-grain ________ for your sandwiches.
7. Cheddar, swiss, mozzarella, monterey jack are examples.
8. Fits into the grains group of MyPlate. Goes great with stir-fry.
9. MyPlate is a ________ to help you eat a variety of foods for a healthy body.
10. Spaghetti is a type of ________.

Down
1. Chicken and turkey are examples of ________.
2. Eat a variety of ________ from all of the groups.
3. Broccoli and green beans are examples of a ________.
4. These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
5. Pinto, kidney, black, refried – there are lots of different kinds and they can be eaten lots of different ways.
6. Vegetable or olive ________ are often used for cooking and are part of a healthful diet.
7. This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
8. You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your ________?
9. Salmon and trout are examples of ________.
10. Lean ________ is an excellent source of protein, iron, and zinc.