



PUZZLE ANSWER KEY

Healthy Eating Crossword



Clues:

1. Without a balanced diet, you could find that you're lacking the essential minerals and _____ you need to feel and look your best.
2. You can use ____ or avocado oil in place of butter in many dishes.
3. Fruits and vegetables offer clear health benefits, like weight control and improved_____.
4. Making some food _____ for healthy alternatives can help you manage or reduce the risk of diabetes and heart disease.
5. Food _____are areas where people don't have access to fresh produce, and the CDC notes that more community support can improve access.
6. Keep mealtime interesting by adding _____to soups, eggs, and sauces.
7. Our bodies metabolize food most efficiently during the _____ part of the day.
8. Swap out soda for _____ water or seltzer for a healthy alternative.
9. You can use time-_____fasting to limit your food intake to a certain window, which can help lower blood pressure and promote weight loss.
10. Try out healthier preparations of your favorite dishes by experimenting with different_____and grilling techniques.

