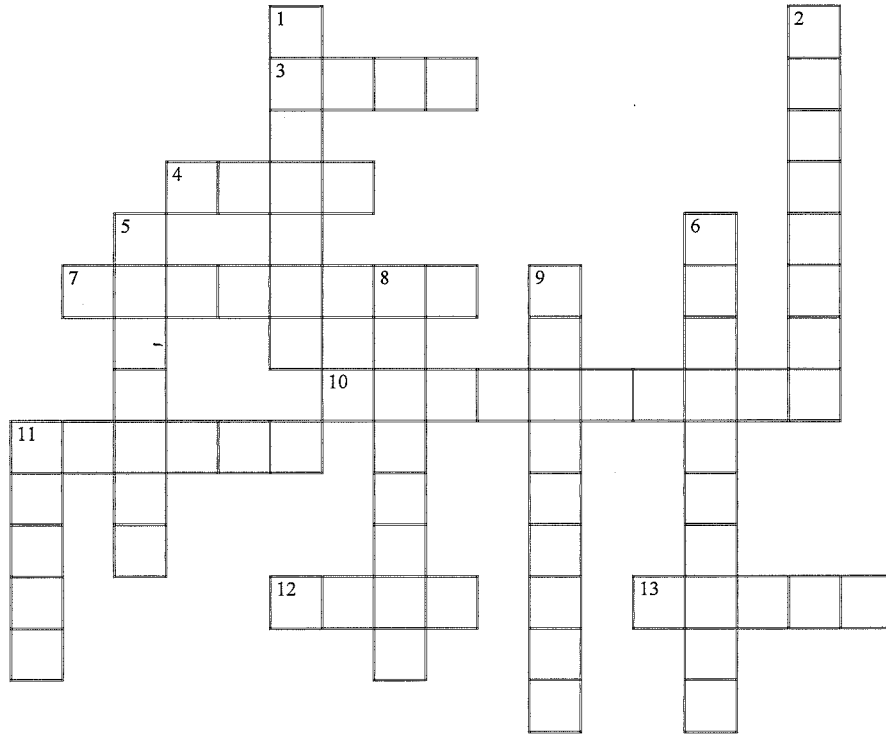


# A Healthy You



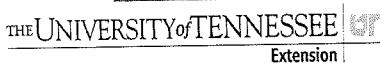
## ACROSS

- 3 Should be limited in diet
- 4 Great for bones and teeth
- 7 1500-2000 per day
- 10 3-5 servings per day
- 11 2-4 servings per day
- 12 Alternative to meat
- 13 Should drink 8 glasses per day

## DOWN

- 1 Healthy dinner option
- 2 Nutritional supplements
- 5 Needed for strong bones
- 6 1/2 grains per day
- 8 30 mins -1 hour daily
- 9 Needed for a healthy life
- 11 Found in whole wheat foods

Note: For a fee, you can use Crossword Weaver to print a nice copy of this puzzle (one that doesn't look like a web page). You can check it out for free by downloading the demo from <http://www.crosswordweaver.com/index.htm?From=OCWM.puzzle> .



UT Extension Washington County  
 Katherine W. Long, County Director  
 206 W. Main St.  
 Jonesborough TN 37659-1230  
 Phone 423-753-1680  
 Fax: 423-753-1832  
 email: klong@utk.edu