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.