DOWN:
2. Try to eat more fruits and vegetables every ______________.
7. Whole ______________ is better than juice because it contains fiber.
8. ______________ is the first meal of the day and the first opportunity for fruit (as well as whole grains and skim milk!).
9. Eat fruits and veggies for your ______________ instead of caloric-dense choices like chips, cookies and crackers.
10. Most people need to eat 2-1/2 to ______________ cups of vegetables each day.
11. Most people need to eat about 4.5 ______________ of fruits and vegetables each day.
12. You should eat ______________ fruits and vegetables than any other food group.

BONUS QUESTION:
Sarah is making a salad. She puts 2 cups of leafy greens on her plate. Then she adds 1 cup of assorted chopped vegetables. How many cups of vegetables is Sarah eating with this salad? _______________