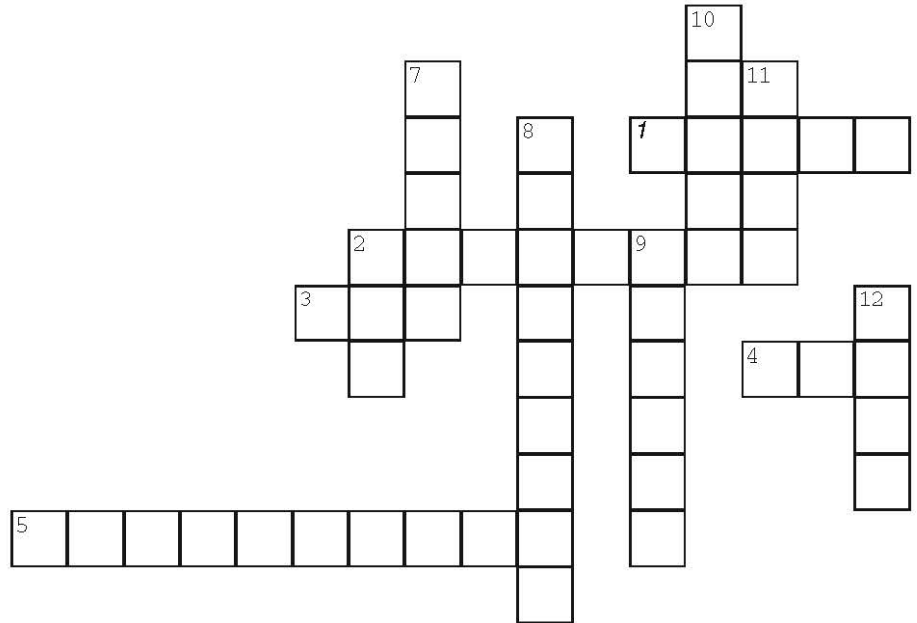


# Solve The Fruit & Veggie Puzzle



## ACROSS:

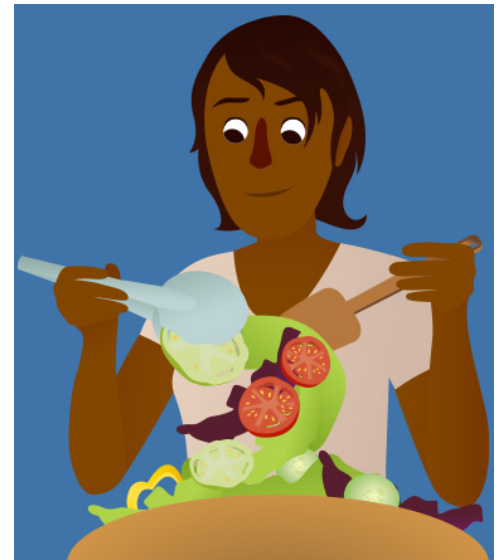
- 1/2 cup dried, 1 cup 100% juice, 1 medium fruit and 1 cup fruit are all equal to one cup of \_\_\_\_\_.
- Fruits and vegetables, when eaten in adequate amounts as part of a healthy diet, help lower the risks for many chronic \_\_\_\_\_.
- Most people need to \_\_\_\_\_ 2 1/2 to 3 cups of vegetables each day.
- Most adults need 1-1/2 to \_\_\_\_\_ cups of fruit per day.
- 1 cup raw or cooked, 1 cup 100% juice or 2 cups leafy greens equals one cup of \_\_\_\_\_.

## DOWN:

- Try to eat more fruits and vegetables every \_\_\_\_\_.
- Whole \_\_\_\_\_ is better than juice because it contains fiber.
- \_\_\_\_\_ is the first meal of the day and the first opportunity for fruit (as well as whole grains and skim milk!).
- Eat fruits and veggies for your \_\_\_\_\_ instead of calorie-dense choices like chips, cookies and crackers.
- Most people need to eat 2-1/2 to \_\_\_\_\_ cups of vegetables each day.
- Most people need to eat about 4.5 \_\_\_\_\_ of fruits and vegetables each day.
- 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? \_\_\_\_\_



**ACROSS:** 1. fruit, 2. diseases, 3. eat, 4. two, 5. vegetables.  
**DOWN:** 2. day, 7. fruit, 8. breakfast, 9. snacks, 10. three, 11. cups, 12. more  
**BONUS:** 2 cups of vegetables. The 2 cups of leafy greens counts as one cup.

## ANSWERS