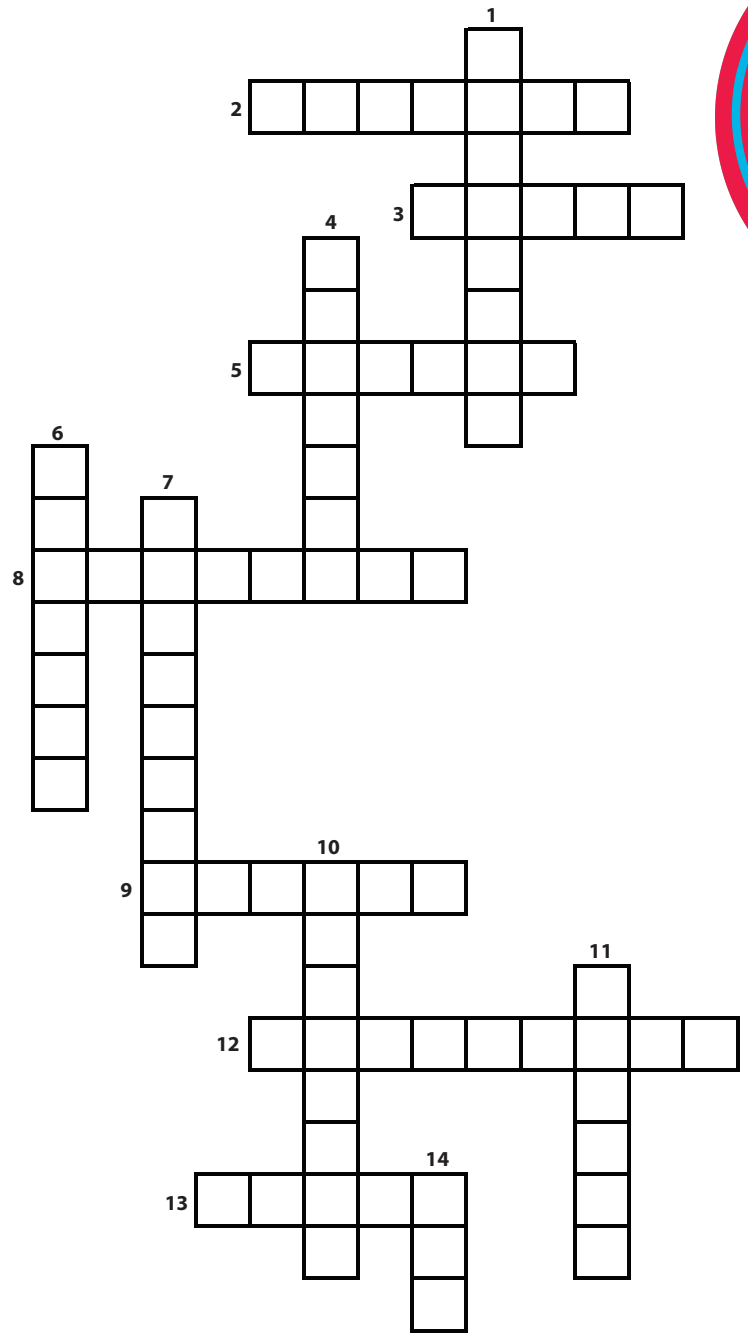
Academy of Nutrition and Dietetics

National Nutrition Month® 2021

Crossword Puzzle



Across

2. Soups and dal are made with this legume.
3. A tropical fruit that is orange in color after the peel is removed and contains a large pit.
5. This dairy food is made with live cultures of healthful bacteria.
8. A tiny, round form of pasta that may be used in North African and Middle Eastern dishes.
9. A type of fatty fish that is a good source of omega-3 fatty acids.
12. Another name for garbanzo beans.
13. This term refers to grains that are not refined.

Down

1. This fresh herb is used as an ingredient or as a condiment in a variety of cuisines.
4. The main ingredient in guacamole.
6. A soft cheese used as a filling in lasagna and raviolis.
7. A dish made with lima beans and corn.
10. The name for a type of fungi that is part of the vegetable group.
11. A vegetarian source of protein made from fermented soybeans.
14. This protein food is a source of vitamin D.

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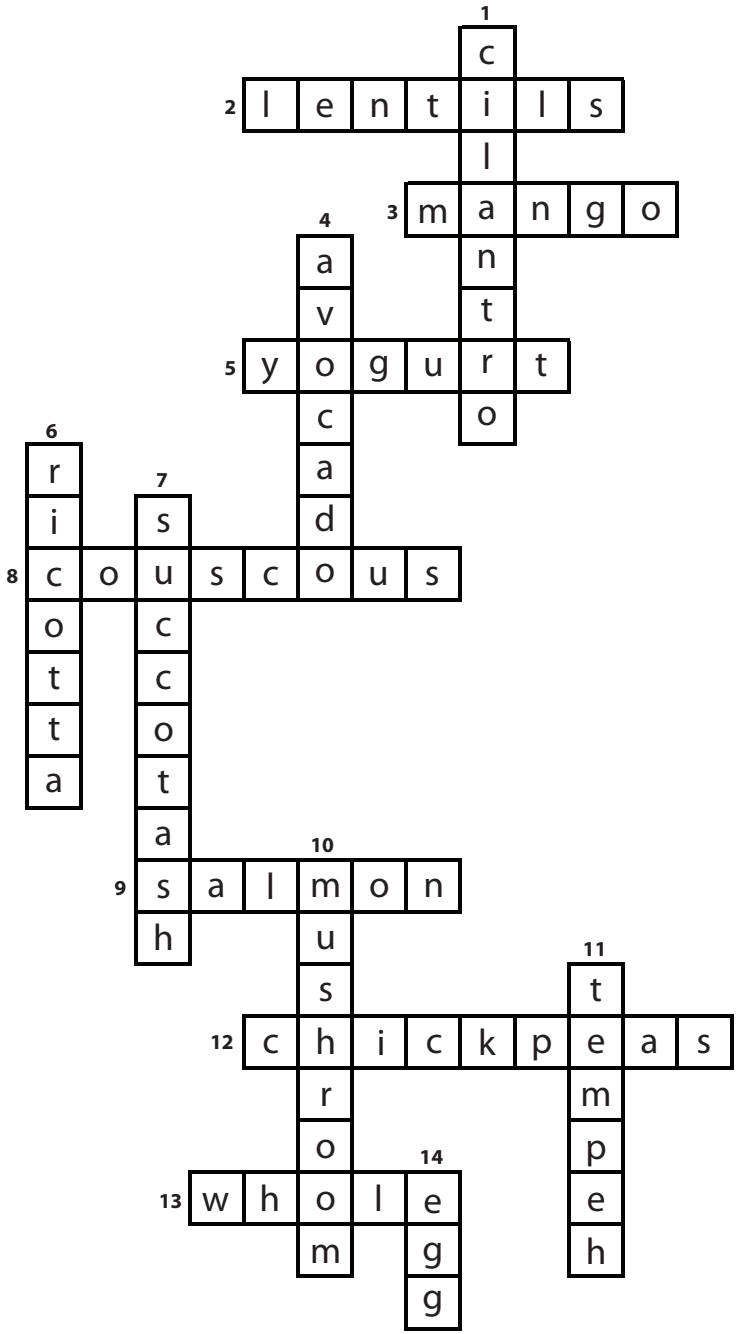
Solution: