Down

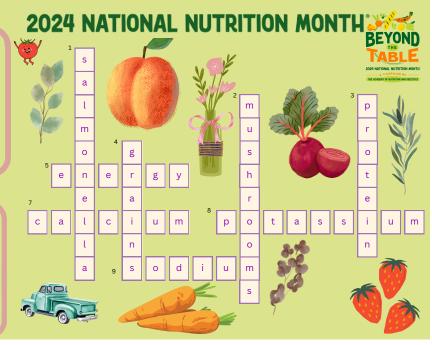
 Eating raw or undercooked chicken or cookie dough may lead to a ______ infection.
Although considered a vegetable, ______ are neither a plant nor an animal
Meat, seafood, eggs, beans, and nuts are all part of the ______ group and are essential for muscle growth.
The five food groups, according to the MyPlate model, are fruits, _____, vegetables, protein, and dairy.

Across

 Complex carbohydrates provide long lasting ______.
Dairy is a great source of _____ which helps build stronger bones.

8. Avocados have more _____ than bananas and are a great source of healthy fats.

9. Rinsing your canned beans will reduce _____





For more information, contact: UGA Dining Services Nutrition Department dining-nutrition@uga.edu

