

ACROSS

- _____ is a great source of fiber and beta-carotene, which gives it a bright orange color.
- _____ are a tart fruit that are high in antioxidants like anthocyanins, which give them their dark color.
- Brussel sprouts contain antioxidants like vitamin K that help fight against _____.
- Often called a "superfood," _____ is dark green and high in vitamins A, K, C, calcium, and potassium.
- Fall vegetables such as corn, hominy, and white potatoes are classified as _____ vegetables.

DOWN

- Making apple cider removes most _____ found in whole apples.
- Winter squash is an excellent source of potassium and _____, providing 23% of the Daily Value.
- _____ is high in B vitamins, zinc, and high quality protein.
- Beetroot naturally contains _____, a preventative vitamin for neural tube defects in newborns.
- Although a popular Halloween treat, _____ provides almost no nutritional value and has a high added-sugar content.



Fall Into Flavor



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