

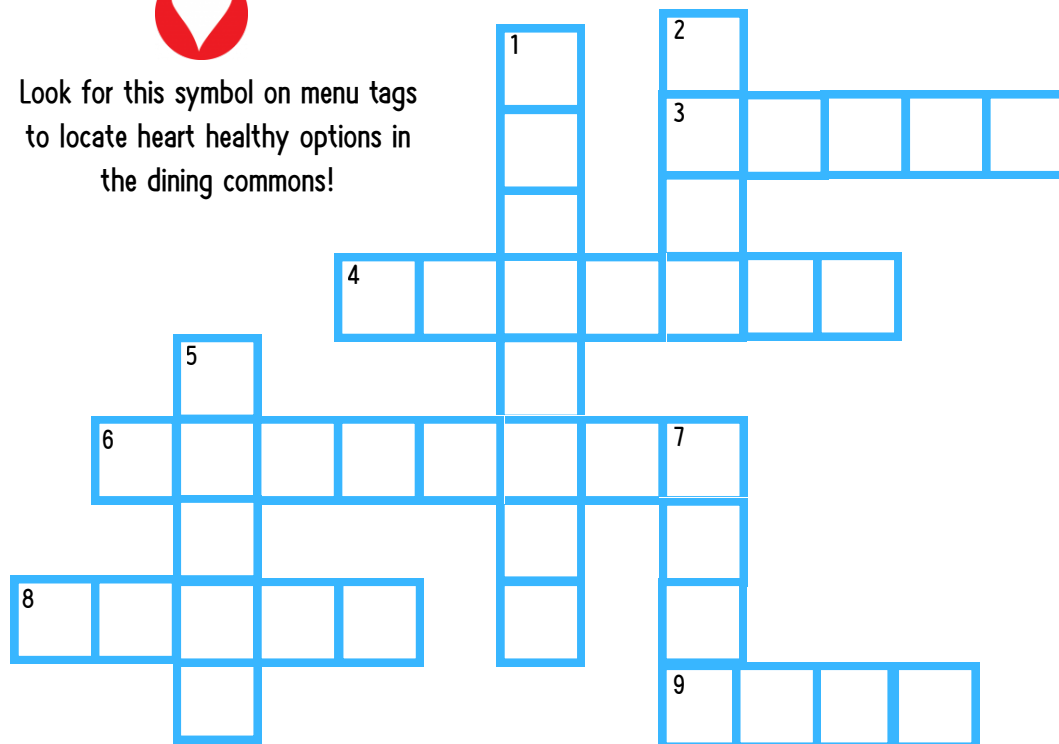
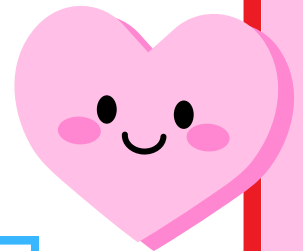
AMERICAN HEART MONTH

CROSSWORD PUZZLE

Read the clues below to learn heart healthy tips!



Look for this symbol on menu tags to locate heart healthy options in the dining commons!



DOWN

1. Including every food group ensures optimal nutrient intake and is a well-_____ diet!
2. A common seasoning for food, but limiting intake is beneficial for heart health.
5. Incorporate _____ grains into your diet to boost fiber and nutrient intake.
7. Fish and _____ meats are low in saturated fat and can benefit cholesterol levels.

ACROSS

3. Natural sugars found in fruit are healthier for our hearts than _____ sugars.
4. Avocados are a good source of fiber, folate, potassium, vitamin C, and heart-_____ fat.
6. _____ activity throughout the week helps improve cardiovascular health.
8. Fruits and vegetables add _____ and vitamins and minerals to your plate!
9. A healthy plant-protein source that is a great topping for yogurt or an afternoon snack.



American
Heart
Association.



Dining Services
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