

What are your Alternatives?

Want to be at a healthy weight and feel great?

Healthy eating combined with an active lifestyle is the way to go. Try our crossword puzzle to get the goods on how leaner meats and meat alternatives play an important role in your healthy choices.



Find the missing words in the puzzle from the statements below (2A = 2 Across, 3D = 3 Down etc).



- Meat is a key _____ (2A) of _____ (3D), B-vitamins, iron and zinc.
- Meat _____ (2D) like _____ (7D), beans, peas and lentils are a less expensive source of protein.



- People from all over the world get iron from _____ (6D), split peas, beans and _____ (1D).



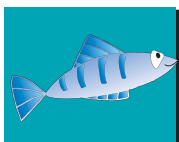
- Egg yolks are also a source of _____ (4A).



- Along with _____ (5D) and seafood, choose _____ (1A) cuts of meat more often.



- _____ (4D) off visible fat.
- Bake, broil, _____ (5A) or microwave more often.



- These cooking methods will reduce the fat and maximize the _____ (3A).



Answers: Across: 1A) Leaner; 2A) Source; 3A) Nutrients; 4A) Iron; 5A) Barbecue
Down: 1D) Tofu; 2D) Alternatives; 3D) Protein; 4D) Trim; 5D) Fish; 6D) Lentils; 7D) Eggs



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