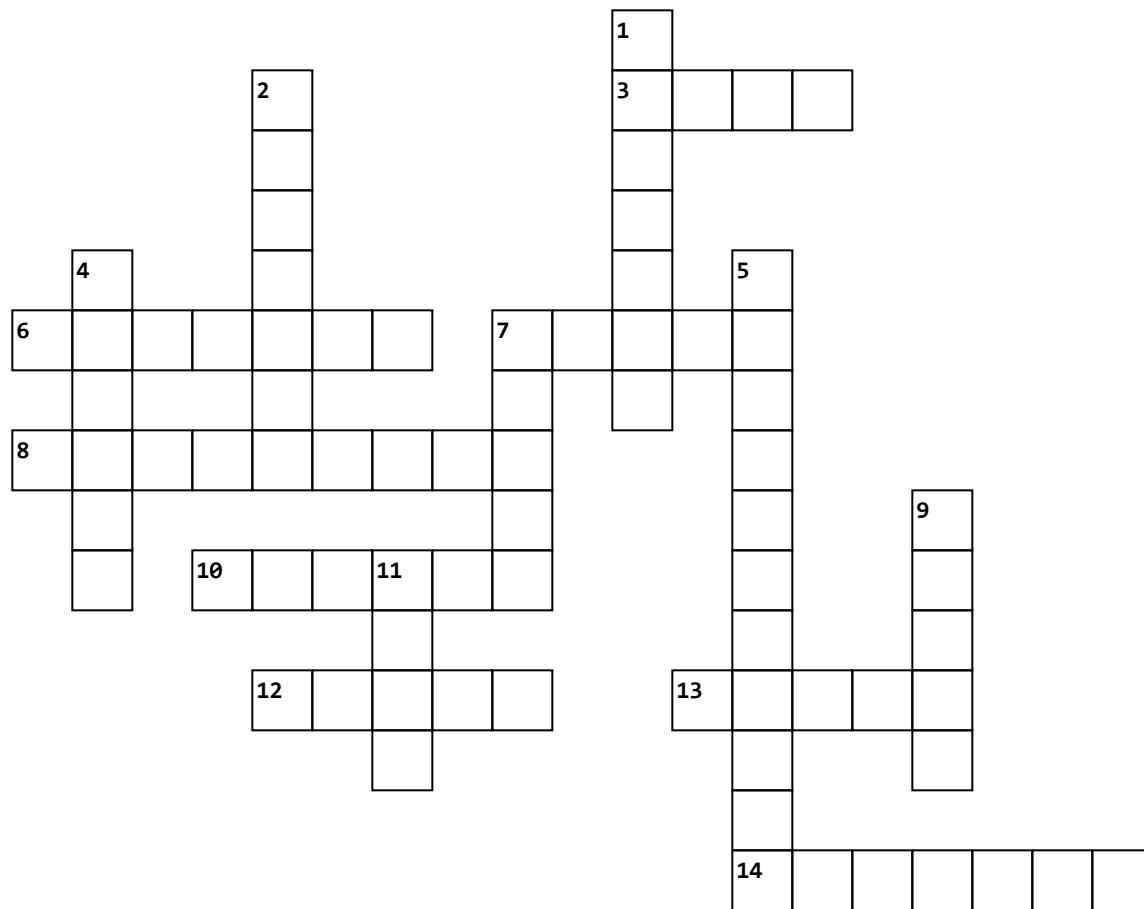


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## Across

3. Keep your meats and fish this. (low fat)
6. Eating a \_\_\_\_ of different foods is good for your body.
7. These grains are best for your body.
8. When you think about food your brain tells your stomach to make these juices.
10. This means to break food down into nutrients.
12. In this diet people do not eat ingredients from animals.
13. This filters harmful chemicals from your food.
14. Your stomach may growl as it starts to do this.

## Down

1. This is the enemy of the liver.
2. You can find this nut in stir-fry.
4. When you smell food your brain tells your mouth to make this.
5. These people do not eat poultry (birds).
7. You can get your nutrients from this type of pasta.
9. These products should be low or non-fat.
11. Look at the picture. This is a type of protein.