

ACROSS	DOWN
2. Fish	1. Yogurt
11. Red	2. Sweet potato
12. Orange	3. Nuts
13. Berries	4. Antioxidants
14. Tea	6. Whole Grain
15. Anthocyanin	7. Tea
17. Cruciferous Vegetables	8. White
18. Tomatoes	9. Beans
19. Chocolate	10. Spinach
20. Green	16. Pumpkins