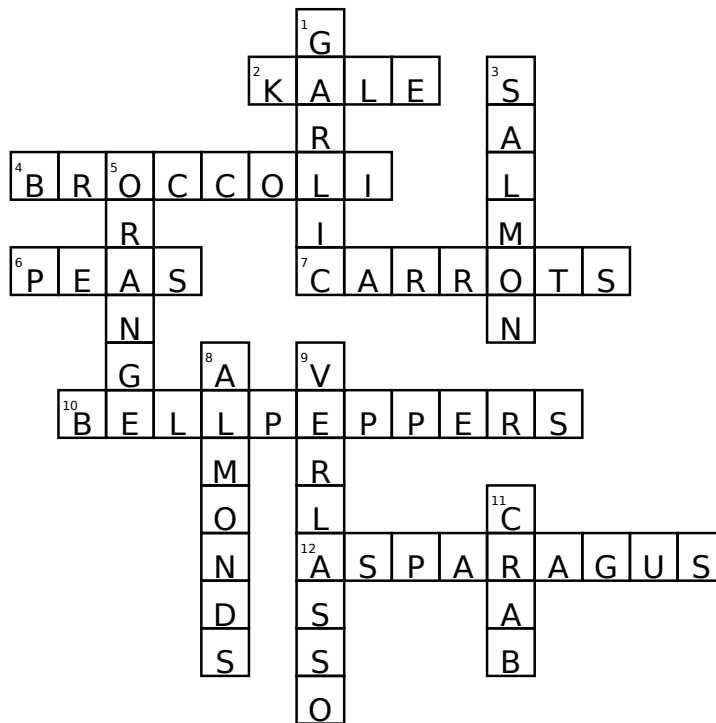


# Superfoods Playground



## Down:

1. member of the onion family treasured for health benefits and flavor since ancient times.
3. a highly nutritious, oily fish, high in vitamin D
5. a fruit that is a good source of fiber and vitamin C
8. healthy fats in this nut may help reduce blood pressure
9. an ultra-premium salmon brand from Chile
11. high in phosphorous an important mineral in bones

## Across:

2. leafy green vegetable in the cabbage family
4. a verdant vegetable can aid digestion
6. grow on vines, part of the legume family with high protein content
7. their bright color comes from beta carotene, an antioxidant
10. red, green or yellow, they are low in calories and high in vitamin K
12. grows in spears, one of the best sources of vitamin K

