

Ah! Summer vacation...sun, fun and relaxation. Don't throw in the healthy living towel. Use this time to rejuvenate and fine-tune your wellness strategies. Challenge your health-conscious know-how and pack it in your carry-on bag to take along on your adventures.



## Healthful Vacation Crossword Puzzle

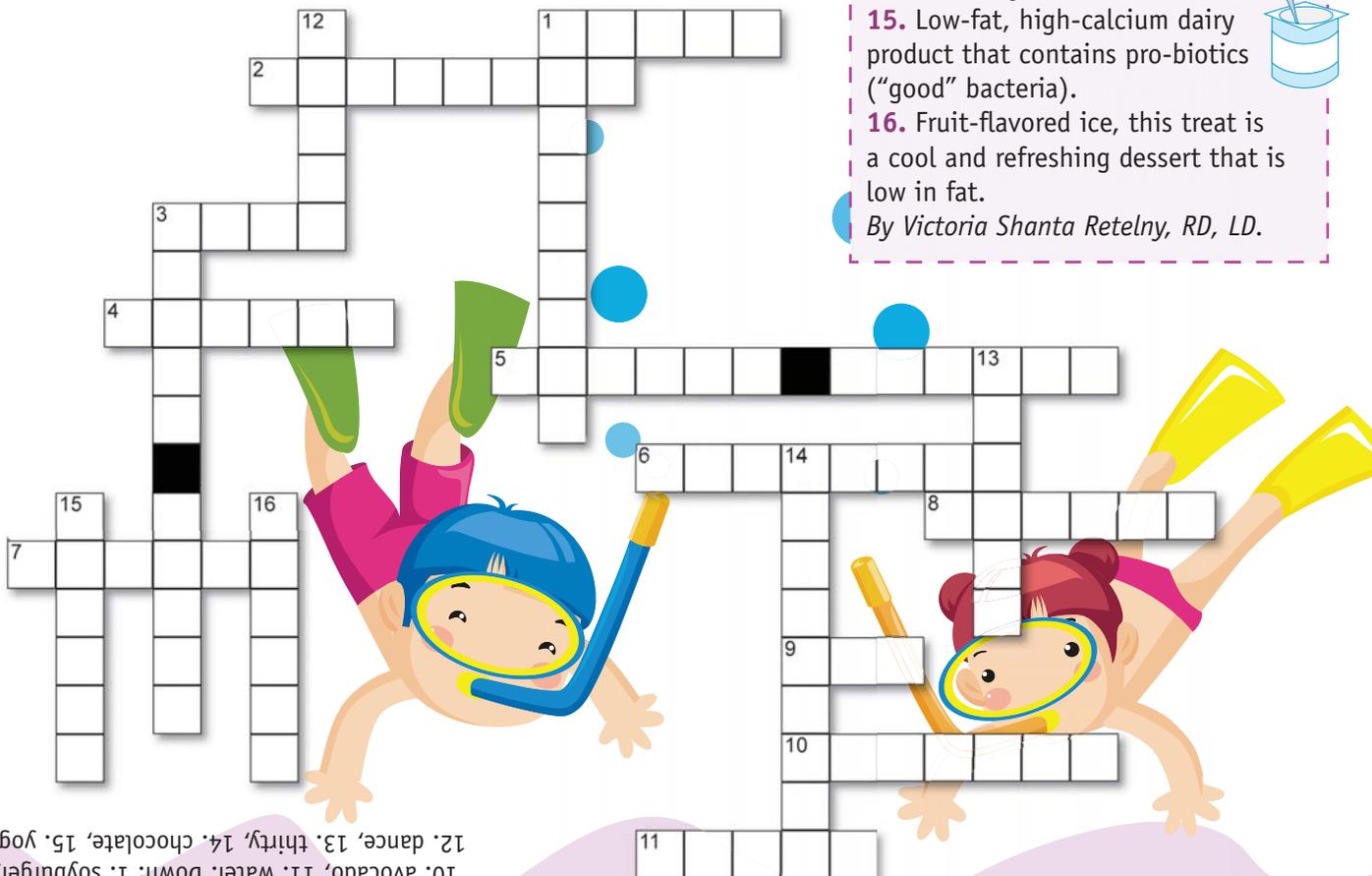
4. The "All-You-Can-Eat" \_\_\_\_\_ is a portion-control pitfall to avoid.  
 5. Creamy or chunky, high-protein legume spread.  
 6. Green, tree-like vegetable that is chock full of antioxidants.  
 7. Red fruit that is used as a vegetable in your salad.  
 8. Whole \_\_\_\_\_ have not been stripped of their bran layer, are high in fiber, aid in disease prevention and increase feelings of satiety.  
 9. 3,500 calories equal \_\_\_\_\_ pound. Stave off weight gain while vacationing by balancing calories with walking, swimming, hiking or biking.

10. "Good-fat" fruit used in dips, salads and sushi rolls.  
 11. Best beverage for hydration on hot, summer days.
- Down**
1. Savory veggie "griller" for outdoor cookouts; low fat, few calories and no cholesterol.  
 3. Combination of fruits cut into bite-sized pieces.  
 12. To move to music; this can increase metabolism and help ward off weight gain.  
 13. Physical activity recommendation: \_\_\_\_\_ minutes most days of the week.  
 14. Used in moderation, this rich dark cocoa derivative is a nutritious, heart-healthy, antioxidant treat.  
 15. Low-fat, high-calcium dairy product that contains pro-biotics ("good" bacteria).  
 16. Fruit-flavored ice, this treat is a cool and refreshing dessert that is low in fat.

By Victoria Shanta Retelny, RD, LD.

### Across

1. Six to eight hours per night are ideal for renewal, well-being and mental health.  
 2. A period of time devoted to pleasure, rest or relaxation.  
 3. \_\_\_\_\_-A-Day the Color Way...with fruits and veggies.



Answers: Across: 1. sleep, 2. vacation, 3. five, 4. buffet, 5. peanut butter, 6. broccoli, 7. tomato, 8. grains, 9. one, 10. avocado, 11. water. Down: 1. soyburger, 3. fruit salad, 12. dance, 13. thirtly, 14. chocolate, 15. yogurt, 16. sorbet.

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