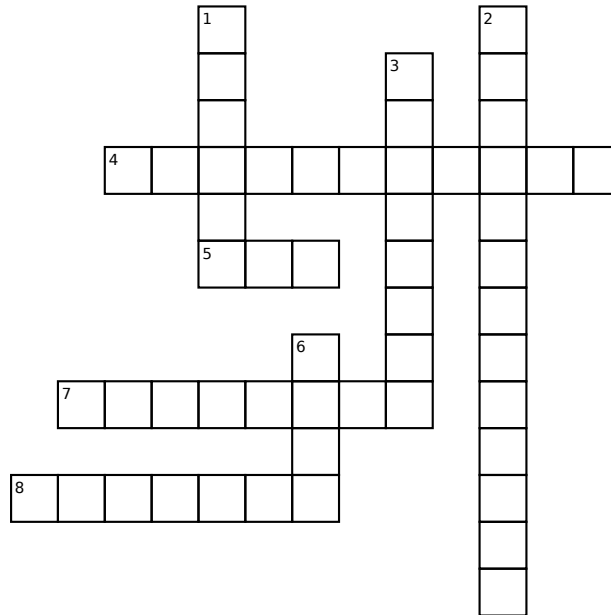


Crossword Puzzle



Down:

1. a probiotic-rich food made from fermented milk, that aids in digestion and promotes a healthy gut flora.
2. a dietary pattern associated with a lower risk of heart disease, emphasizing fruits, vegetables, whole grains, nuts, and olive oil.
3. a common kitchen spice with anti-inflammatory properties, often used to relieve joint pain.
6. foods rich in Omega-3 fatty acids, beneficial for heart and brain health.

Across:

4. a naturally sweet food that is an excellent source of antioxidants, helping to protect the body against free radicals.
5. known for its high levels of antioxidants, associated with health benefits such as improved brain function and fat loss.
7. a nutrient found in oranges and other citrus fruits known for boosting the immune system.
8. a leafy green high in iron that can help combat fatigue and increase energy levels.