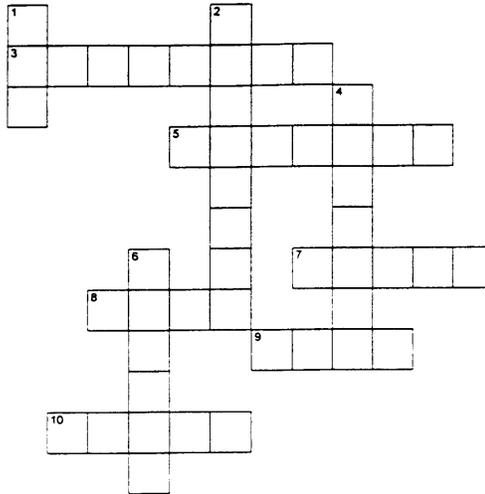


Cut the Fat. Drink 1% or less milk.



Across

3. Saturated fat clogs them.
5. It makes bones strong.
7. 1% and fat-free milk taste _____ !
8. Milk comes from _____.
9. Drink 1% or fat-free _____.
10. Low-fat milk is good for your _____.

Down

1. 1% and fat-free milk are low in _____.
2. 1% and fat-free milk have the same amount of these as whole and 2% milk.
4. Calcium is a _____ found in milk.
6. Drinking this type of milk helps prevent heart disease.

Word Bank:

mineral
cows
heart
vitamins
great
fat
calcium
lowfat
milk
arteries

Healthy Heart Coalition of Albany County
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