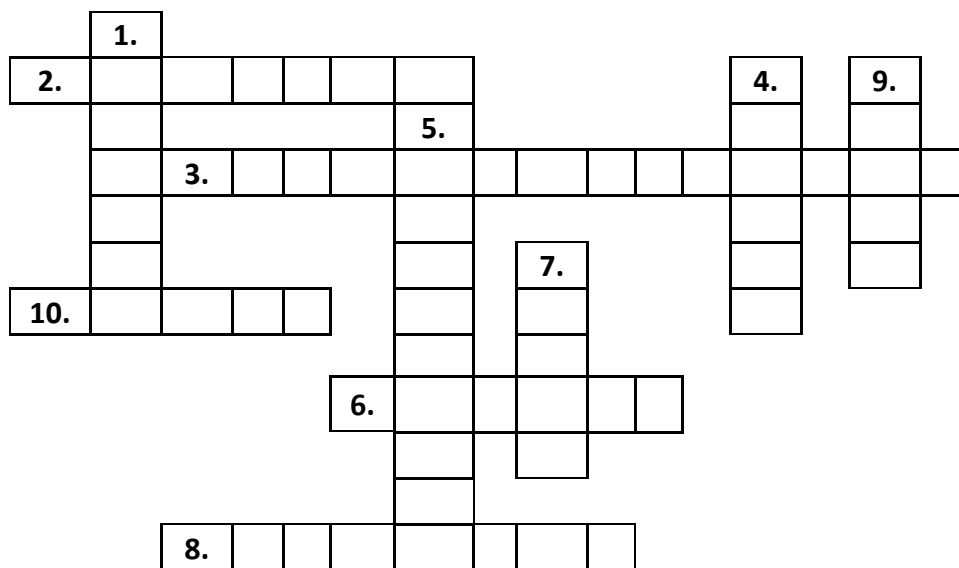


Crossword Puzzle

Nutrition Notes by Jeannine



Down	Across
1. This mineral can affect your blood pressure level.	2. Good source of Omega-3 Fatty Acid.
4. The best source of hydration.	3. The body's main source of energy.
5. The first meal of the day.	6. True or False: Natural sugars in fruits are considered "added sugars".
7. Part of the egg that contains the most fat.	8. Helps you feel full longer and supports muscle growth.
9. Good animal source of B12 vitamin.	10. Good source of calcium and protein.

Make Your Own Smoothie

Ingredients

- 1 cup 100% fruit juice, such as orange, pineapple, or grape
- 1½ cups unsweetened, frozen fruit, such as strawberries, mixed berries, mango, or peaches
- ½ cup nonfat or low-fat (1%) milk or yogurt

Preparation

1. Place all ingredients in a blender and cover with a tight-fitting lid.
2. Blend until smooth.
3. Pour into cups or glasses and serve.

Recipe source: CalFreshHealthyLiving.cdph.ca.gov



Nutrition Education Quarterly Topic:

Nutrition & Arthritis

Jeannine Gaillardetz, Dietitian with the Senior Nutrition Program is providing education for seniors at each of our Dine-In Sites during lunch service.

Here is the October schedule:

- October 1st, 2026 – Pollock Pines
- October 13th, 2026 – South Lake Tahoe

Answers:
Down: 1. Sodium 4. Water 5. Breakfast 7. Yolk 9. Beef
Across: 2. Salmon 3. Carbohydrates 6. False 8. Protein 10. Milk

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