Complete this crossword puzzle to learn more about the benefits of snacking and a few tips for smart snacking!

**Across**
3. Snack when you are __________, not when you are bored.
6. Keep fruits and vegetables washed and sliced for ______.
8. Limit snacks high in added sugar, salt, or __________.

**Down**
1. Adding snacks into your meal schedule will allow you to consume ________ meals at breakfast, lunch, and dinner.
2. Having a light ________ between meals will not ruin your appetite.
4. Snacks help to settle your hunger until your next ________.
5. Choose healthy snacks from all ________ food groups.
7. Snacking on healthy foods from all the food groups can help you increase your ________ intake.

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Answers
Across
3. Hungry
6. Convenience
8. Fat

Down
1. Smaller
2. Snack
4. Meal
5. Five
7. Nutrient