



Across

- 3** Mediterranean like diet with low sodium (4)
- 5** scrambled breakfast food high in protein (4)
- 7** diet rich with fish, vegetables, fruits, olive oil and whole grains (13)
- 10** squirrels and brains love them (4)
- 13** helps fend off damage to brain cells (12)
- 14** dark treat with at least 72% cocoa (9)

Down

- 1** small colorful fruit loaded with antioxidants (7)
- 2** sprinkle these flavors on food for better brain health (6)
- 4** pink fish high in omega-3-fatty acids (6)
- 6** small whole grain high in Vitamin B (6)
- 8** antioxidant found in red wine and the skin of grapes (11)

9 eat these colorful foods everyday (10)

11 bird food and good nutrition for your brain (5)

12 enjoy up to 3 cups a day (6)