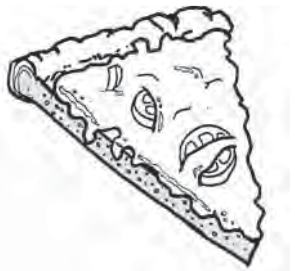
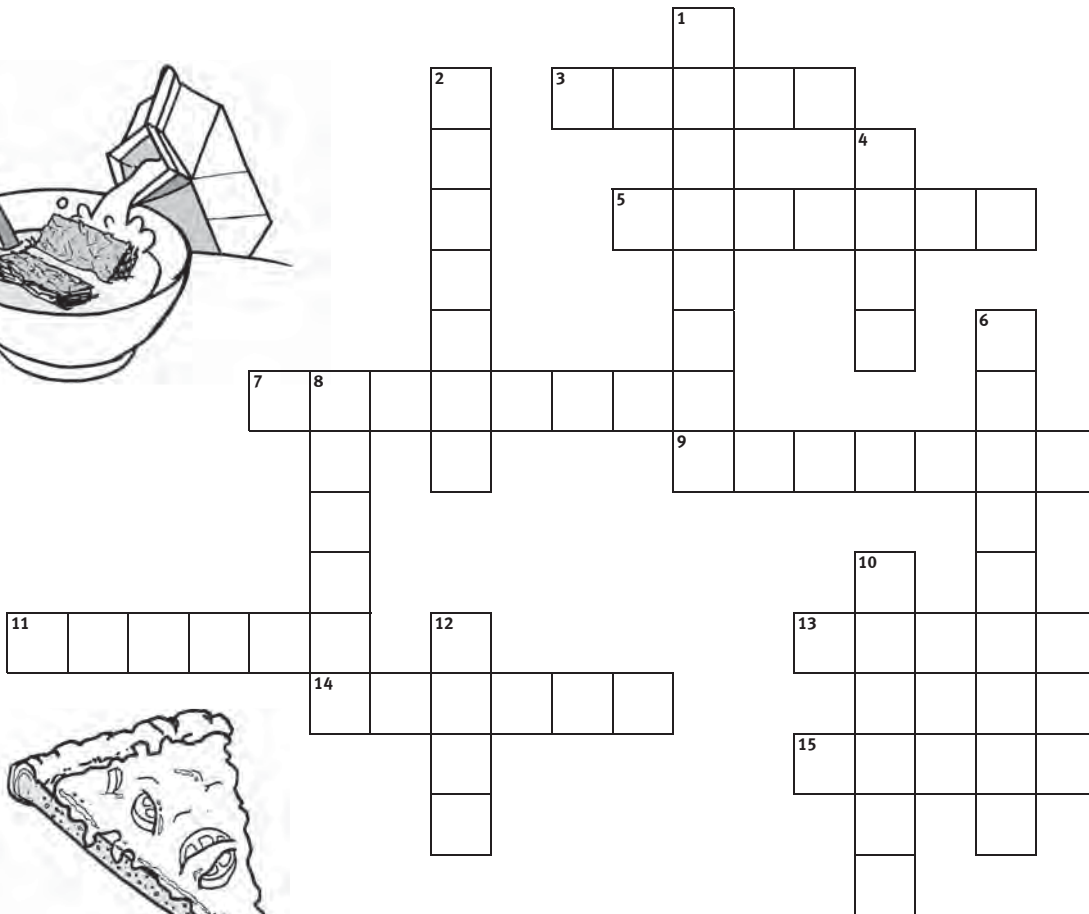




# Dairy - Quick Facts Crossword



### Across

- 3. Milk, cheese and yogurt are all \_\_\_\_\_ foods.
- 5. People who have three serves of dairy every day are more likely to achieve their Recommended Dietary Intake (RDI) of \_\_\_\_\_.
- 7. More than half of all Australian \_\_\_\_\_ do not consume enough calcium to achieve their RDI.
- 9. What does BMD stand for? - Bone Mineral \_\_\_\_\_.
- 11. One tub of \_\_\_\_\_ equals one serve of dairy.
- 13. How many serves of dairy should you consume every day? \_\_\_\_\_.
- 14. When you increase your BMD you can increase the size and \_\_\_\_\_ of your skeleton.

- 15. 99% of calcium is found in your bones and \_\_\_\_\_.

### Down

- 1. \_\_\_\_\_ **D** is a bone building nutrient.
- 2. To reduce the risk of \_\_\_\_\_ bones you need to achieve your RDI of calcium.
- 4. Along with water, what is the best drink for you? \_\_\_\_\_.
- 6. Dairy foods are packed full of what? \_\_\_\_\_.
- 8. RDI means the ideal amount to eat and drink every day for good \_\_\_\_\_.
- 10. One serve of dairy can be 2 slices of \_\_\_\_\_.
- 12. **Z** \_\_\_\_\_ is a nutrient found in dairy foods.