

Name: _____
Date: _____

Directions: Fill in the blanks with the correct answer. Use words from the box.

Food Pyramid	decreased	sugar	diabetes	high blood pressure
cholesterol	obesity	stroke	cancer	milk products



1. Protein and vegetables are good sources of _____ and _____, and are low in fat.

2. Having foods high in salt can increase the risk of _____.

3. Decreased fat intake _____ the risk of _____ diseases.

4. Protein is high in _____.

5. _____ is a guide to have an _____ diet.



6. Obesity can lead to diseases such as _____.



7. Alcohol increases the risk of high blood pressure, heart disease, _____, or _____, and increases the risk of cancer.