

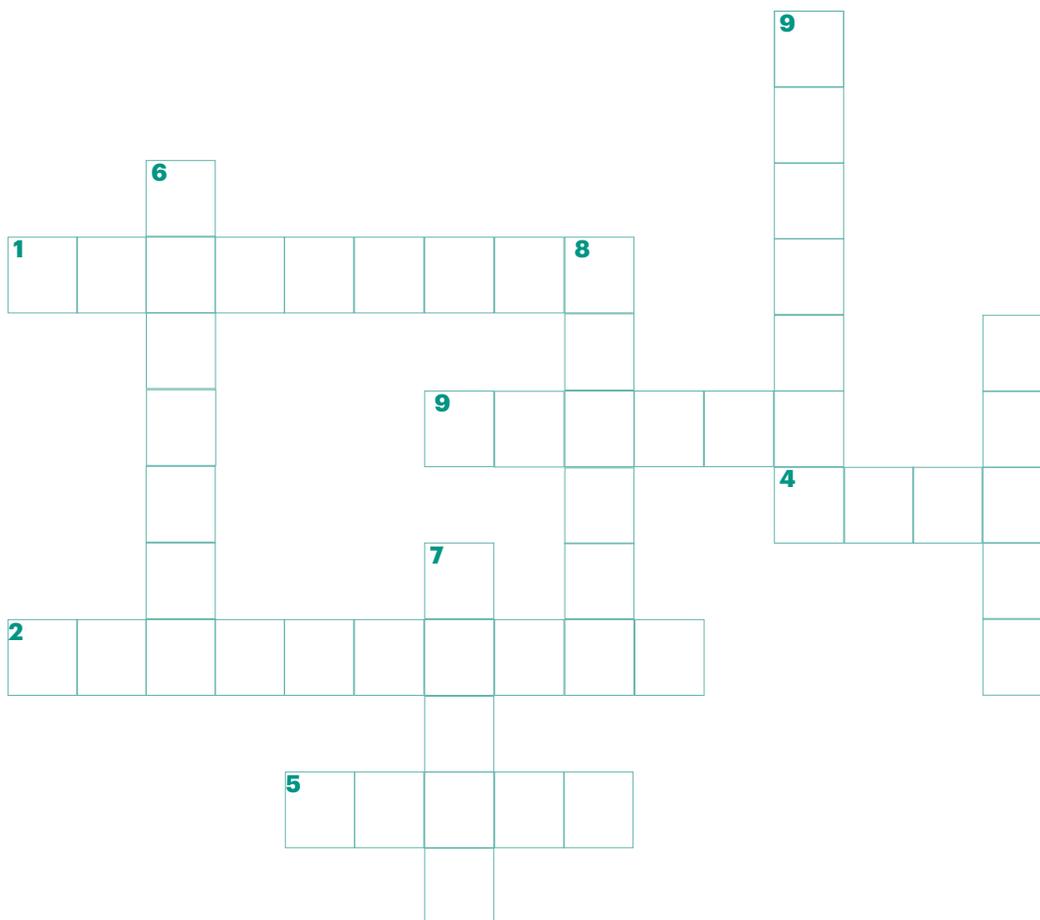
KIDNEY CROSSWORD PUZZLE

ACROSS

1. You should limit added sugar to six _____ daily.
2. You should limit your intake of 8 down to 2,300 _____ per day
3. _____ the Kidney is the mascot for NKF.
4. This is added to many packaged foods.
5. Even though this is made from fruit, it contains a lot of sugar and we should limit it in our diets.

DOWN

6. Kidneys each weigh about the same as one of these.
7. A good snack choice could be something from this food group.
8. Too much of this in your diet can make your heart and kidneys work harder.
9. These organs controls blood pressure and helps keep bones strong.
10. Depending on their age, kids need 7-14 cups of this per day.



Kidney Crossword Answer Key
 1. Teaspoons 2. Milligrams 3. Sidney 4. Sodium 5. Juice 6. Baseball 7. Fruit 8. Salt 9. Kidneys 10. Water