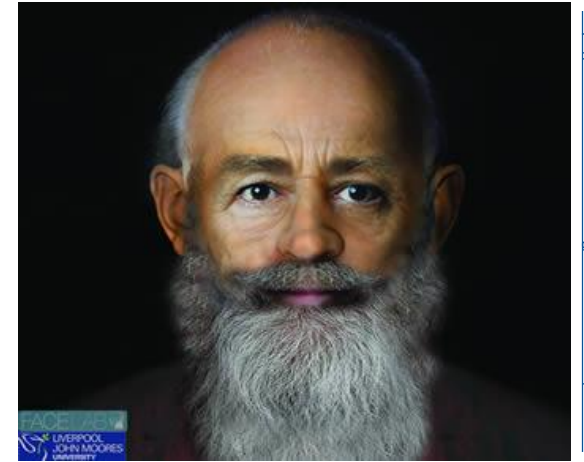
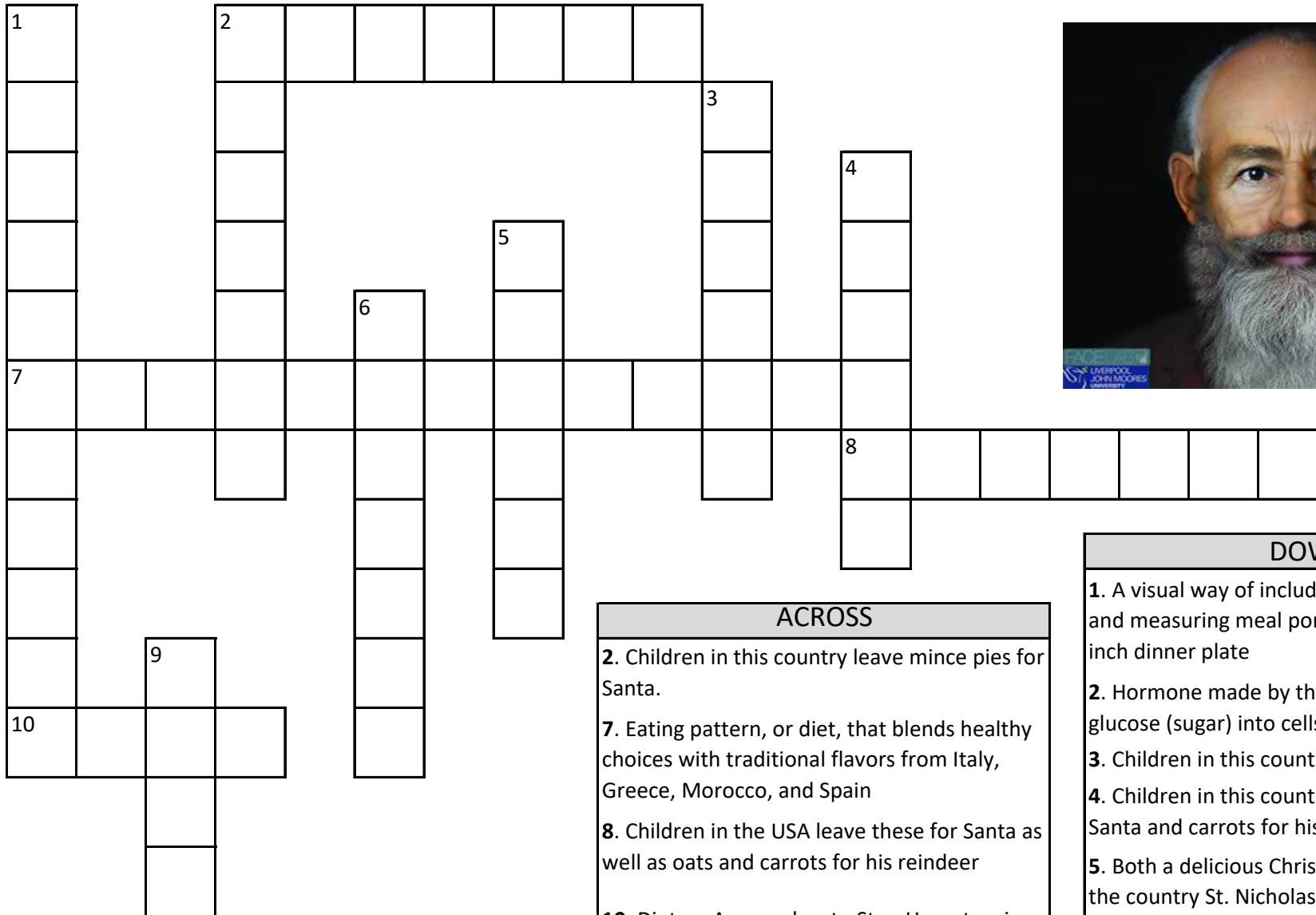


DIABETES: Risk and Reindeer Games



<https://www.stnicholascenter.org/who-is-st-nicholas/real-face>

ACROSS

- 2. Children in this country leave mince pies for Santa.
- 7. Eating pattern, or diet, that blends healthy choices with traditional flavors from Italy, Greece, Morocco, and Spain
- 8. Children in the USA leave these for Santa as well as oats and carrots for his reindeer
- 10. Dietary Approaches to Stop Hypertension emphasizing veggies, fruit, lower-fat dairy, and reduced red meats, sweets, and salt

DOWN

- 1. A visual way of including all food groups and measuring meal portions using a typical 9-inch dinner plate
- 2. Hormone made by the pancreas to allow glucose (sugar) into cells for energy
- 3. Children in this country give Santa coffee
- 4. Children in this country leave biscuits for Santa and carrots for his trusty reindeer
- 5. Both a delicious Christmas bird as well as the country St. Nicholas was born
- 6. Children in this country leave letters for Santa on Christmas Eve
- 9. Children on this continent give apples to Santa