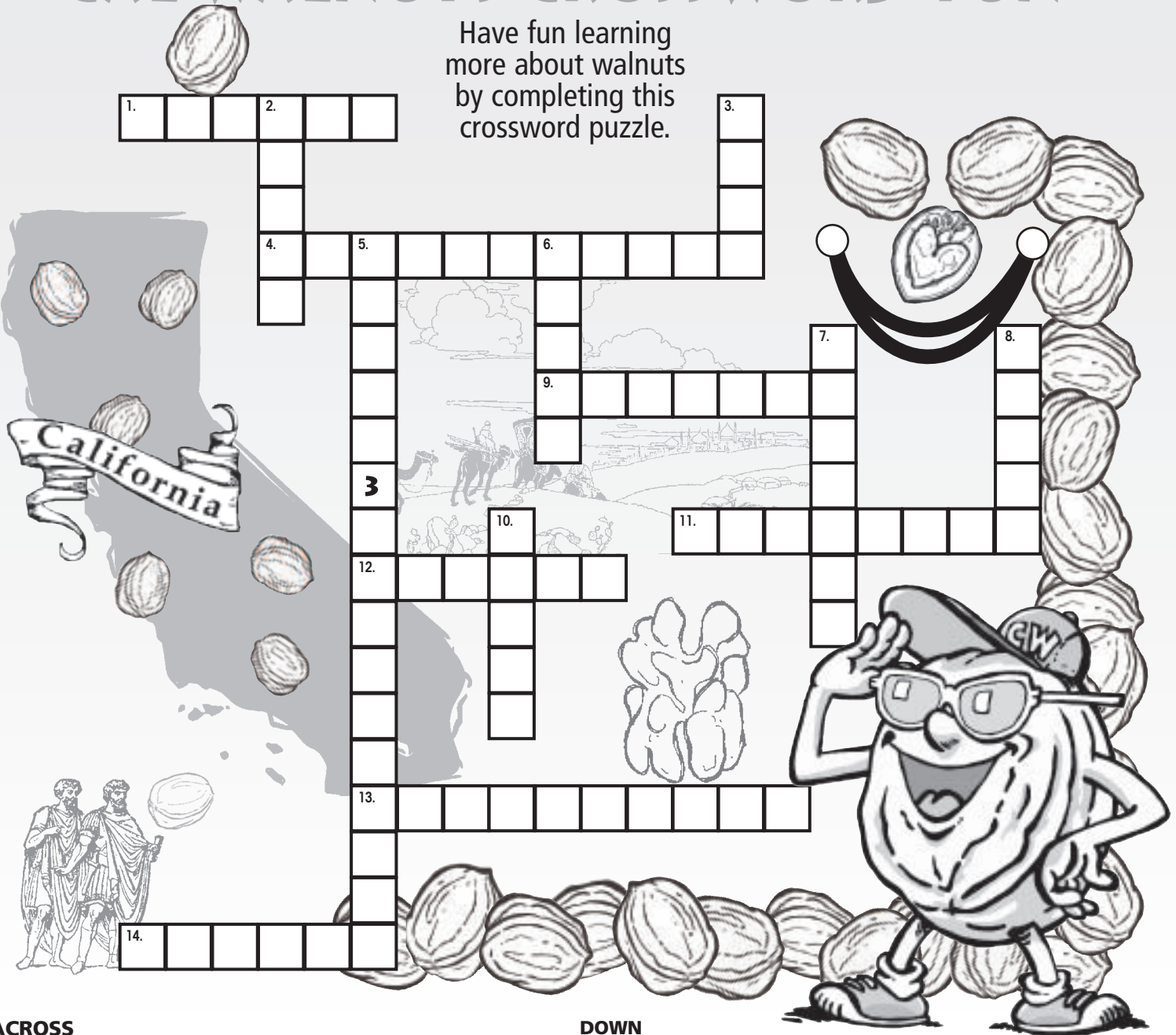


CAL WALNUT'S CROSSWORD FUN

Have fun learning more about walnuts by completing this crossword puzzle.



ACROSS

- Experts believe walnuts first grew in _____, a Middle Eastern country now called Iran.
- Eating a handful of walnuts every day can lower your _____, a sticky substance in your blood that can clog your arteries.
- Most of the walnuts sold in the U.S. are _____ walnuts.
- Walnuts are a good source of magnesium, phosphorus, copper and manganese, _____ essential for good health.
- California walnut harvest starts in _____.
- _____ grows over 99% of the total U.S. commercial walnut crop and over 65% of the world crop of walnuts.
- Walnuts were considered a "food for the gods" by early _____.

DOWN

- A handful of walnuts makes a great _____.
- Walnuts should be stored in a _____, dry place (preferably a refrigerator) away from foods with strong odors.
- Walnuts are a rich source of heart-healthy _____ 3 _____, a type of fat that promotes heart health*.
- Walnuts grow on _____.
- Walnuts are removed from trees using mechanical _____.
- Walnuts were brought to the United States in the 1800s by Franciscan _____.
- California walnuts growers know their walnuts are ready to harvest when the outer green shells, called _____, start to split.



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Learn more about California Walnuts at www.walnuts.org.

*"Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet, and not resulting in increased caloric intake may reduce the risk of coronary heart disease." U.S. Food and Drug Administration, March 2004.
One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat, including 2.5g of alpha linolenic acid – the plant based omega-3.