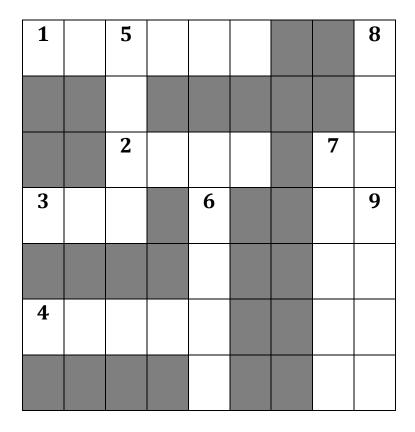
Nutri-Puzzle

*Rajalakshmy.P



Across

- 1. Used in the preparation of beer, it is called as king of cereals
- 2. A golden cereal, rich in vitamin A
- 3. A good substitute for a wheat that contains gluten
- 4. Punjab has large production of it

Down

- 5. Staple food for south Indians
- 6. Rich in fibre, helps in weight loss
- 7. It is also called as Italian corn
- 8. The millets stabilize the level of cholesterol in the blood
- 9. Rich in calcium