

Nutria-Puzzle

*Rajalakshmy.P

1 5		7					8
	2 6						
	3						
	4						

Across

1. The Nut Grow In The Roots. rich in MUFA
2. The biggest nut, good for heart for its medium chain fatty acid
3. The nut used in confectionary, rich in protein and MUFA
4. Brain Shaped Nut also good for brain, rich in PUFA

Down

5. Nut has butter flavor, rich in MUFA
6. A nut seen outer of the fruit, also a tastiest snacks
7. Helps to rise the level HDL, rich in vitamin-E
8. A green color nut, rich in MUFA