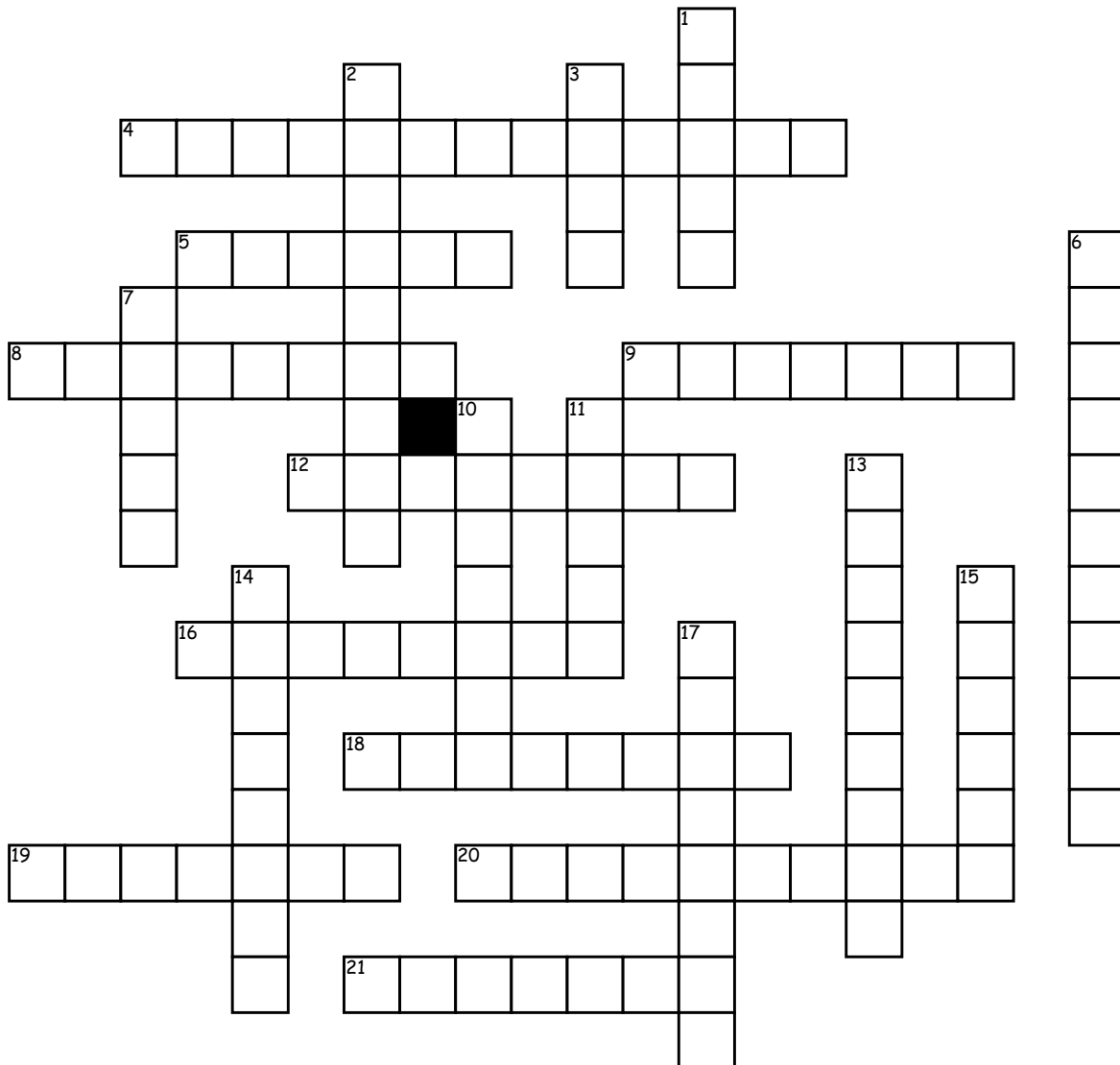


6 main nutrient crossword



Across

- 4. Can be broken into 2 categories
- 5. Maintains water balance
- 8. Fat that is in processed foods
- 9. Carbohydrate found in pasta
- 12. Can be classified into 7 different categories
- 16. Promotes healthy skin
- 18. Protein in animal sources

- 19. In yogurt and cheese
- 20. Protein in plant sources
- 21. Helps with tissue repair and growth

Down

- 1. Hydrates organs
- 2. Aids in formation of red blood
- 3. Helps carry oxygen to cells
- 6. Fat in plant sources and seeds

- 7. Our body is made up of 60-70% of this nutrient
- 10. Strengthens bones and teeth
- 11. Not a nutrient but helps with bowel movements
- 13. Fat in beef, chicken and other animal sources
- 14. Boosts immune system
- 15. Carbohydrates found in Candy, sugar and honey
- 17. Promotes normal blood clotting