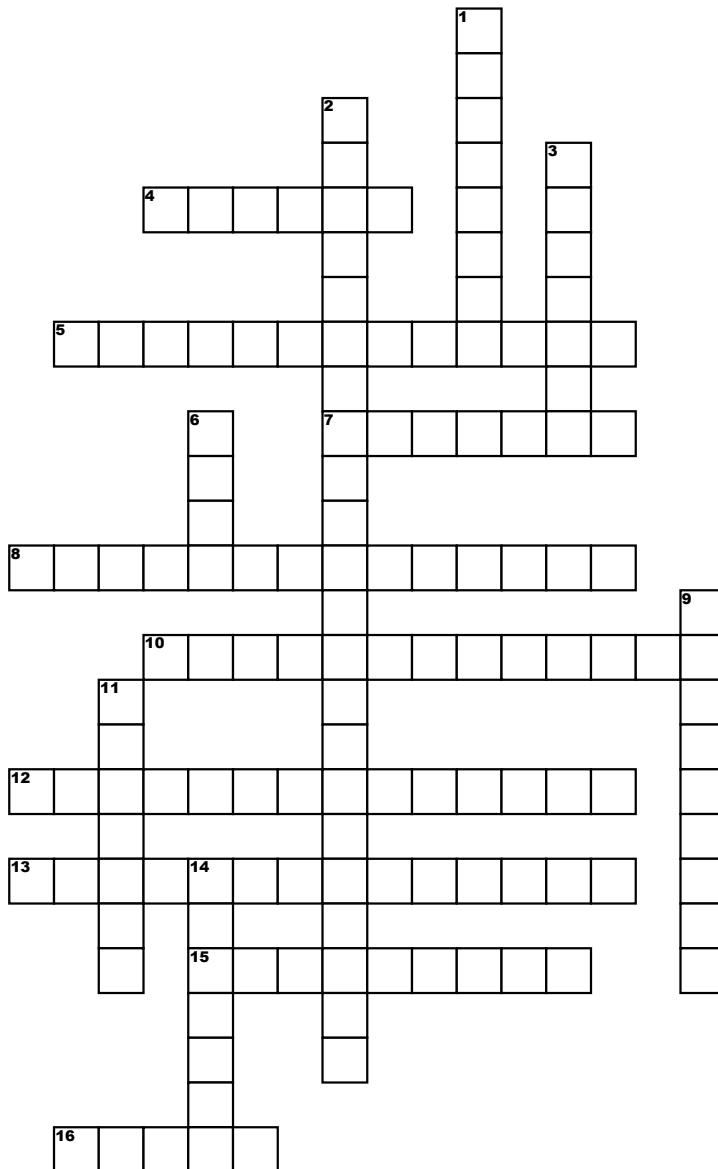


# Carbohydrates Cross Word



## Across

- 4.** natural sweetener  
**5.** a measure of the speed at which various carbohydrates are digested into glucose, absorbed, and enter the bloodstream  
**7.** blood sugar  
**8.** carbohydrates composed of single sugar units  
**10.** one of the six essential nutrients and are your body's main source of energy

**12.** An indigestible carbohydrate from plants that does not dissolve in water

**13.** Carbohydrates made of many sugar units

**15.** the cotton in our clothing

**16.** nondigestible carbohydrates that make up the tough cell wall of plants

## Down

**1.** the body's storage form of glucose

**2.** The function of carbohydrates

**3.** low glycemic foods cause

**6.** the best food and beverage sweetener for manufacturers

**9.** artificial sweetener

**11.** Hormone that helps the body lower blood glucose levels

**14.** table sugar