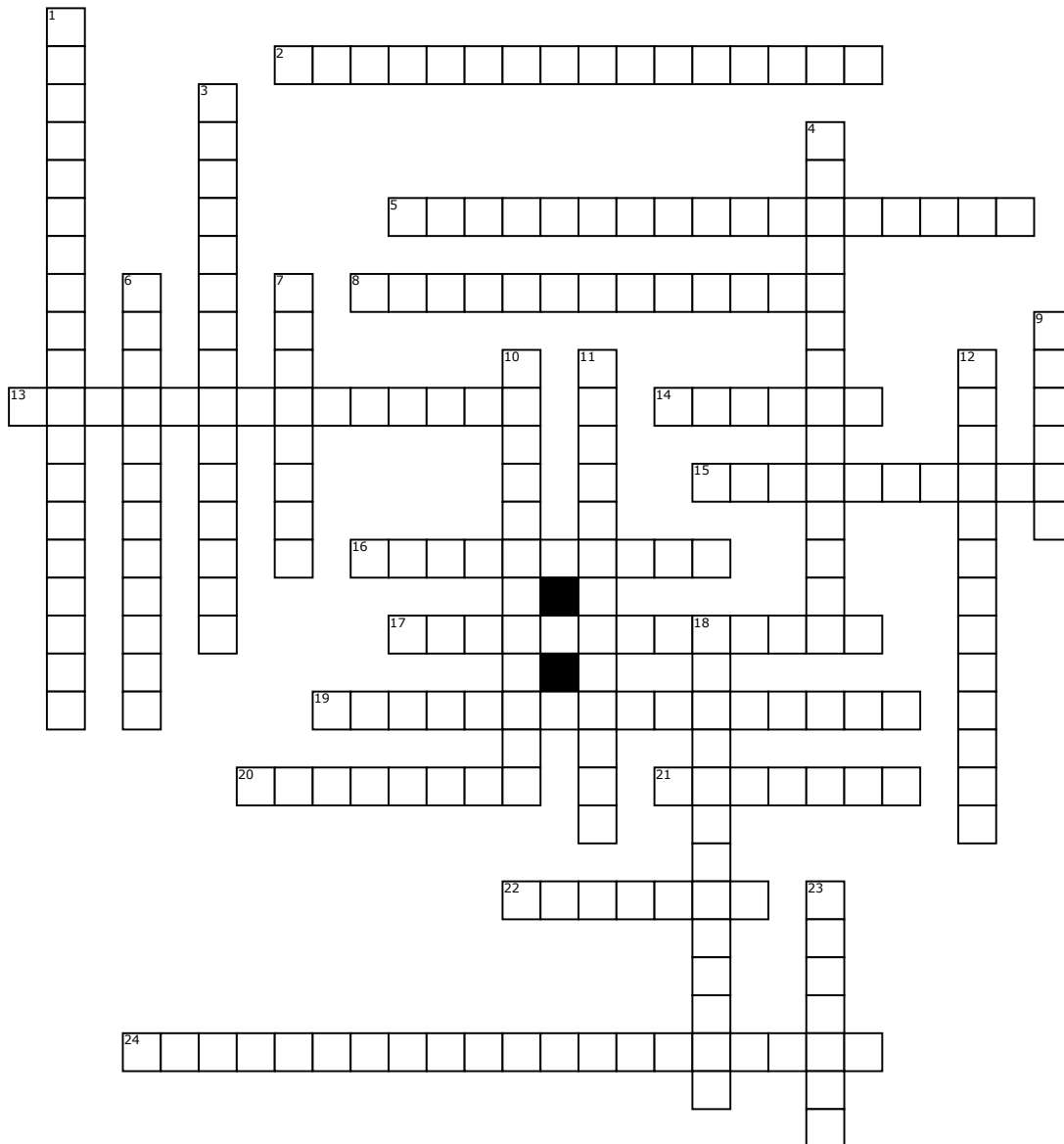


Carbohydrates crossword puzzle



Across

- 2. a lack of or an inability to use the hormone insulin
- 5. an inability to digest lactose, the main carbohydrate in milk
- 8. the nondigestible carbohydrates and ligins that make up the cell walls of plants
- 13. carbohydrates composed of single sugar units
- 14. a polysaccharide that is the storage form of energy in plants
- 15. the sum of dietary and functional fibers
- 16. a concentrated source of a nutrient, usually a pill, liquid, or powder form
- 17. made up of two sugar units

- 19. isolated, nondigestible carbohydrates that have beneficial effects in human health
 - 20. chemicals produced in the body and released into the bloodstream regulate specific body processes
 - 21. helps the body lower blood glucose back to normal level
 - 22. it circulates in the bloodstream (blood sugar)
 - 24. foods that are high in starch and fiber
- Down**
- 1. to foods that are high in simple sugars
 - 3. when food ingredients, such as fiber, are added to provide health benefits beyond basic nutrition
 - 4. carbohydrates that are made up of many sugar units

- 6. refers to a low blood glucose level
- 7. the body's storage form of glucose
- 9. monosaccharides or small oligosaccharides, and include sucrose, glucose, and lactose.
- 10. tooth decay
- 11. a measure of the speed at which the various carbohydrates are digested into glucose, absorbed, and enter the bloodstream
- 12. your body's main source of energy
- 18. carbohydrates sweeteners that are separated from their natural sources for use as food additives
- 23. the feeling of fullness you have after eating food