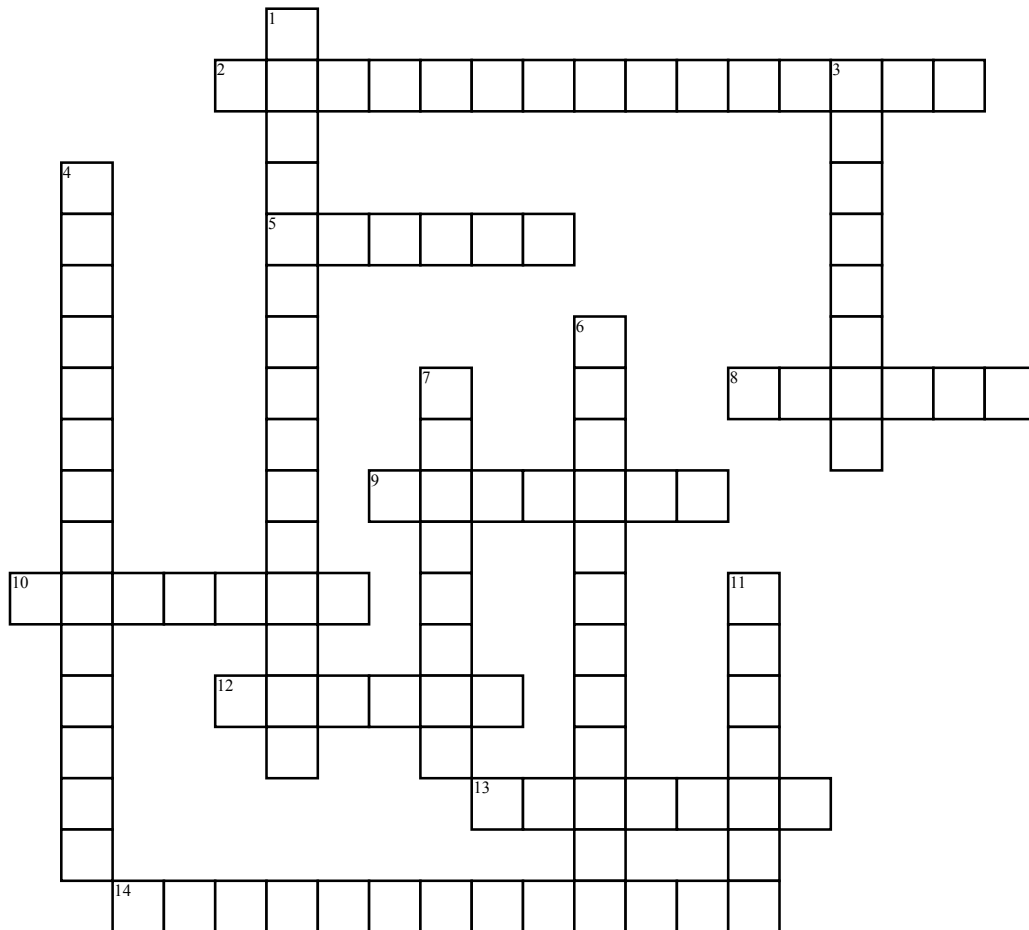


Carbohydrates



Across

2. Simple carbs with one sugar are _____ but are disaccharides when they have two sugars

5. _____ carbs are easier to digest/absorb and give bursts of energy

8. Carbs provide _____ for working muscles

9. Carbs provide fuel for the central _____ system

10. Carbs interact with _____, preventing it from being used as an energy source and enable fat metabolism

12. Good amounts of carbs help with weight loss, nutrient consumption, and heart and _____ health

13. _____ carbs provide sustained energy

14. are the sugars, starches, and fibers found in fruits, grains, vegetables, and milk products

Down

1. Complex carbohydrates have three or more sugars, therefore they are _____

3. Replacing saturated fats with simple carbs is associated with an increased risk of heart disease and Type 2 _____

4. the main ways the body obtains energy, or calories, that cannot be produced by the body itself

6. a deficiency of glucose, or low blood sugar, is called _____

7. At the _____ level carbohydrates contain carbon, hydrogen, and oxygen

11. When it lacks carbs, the body will use protein for fuel, taking it away from building muscles and putting stress on the _____

Word Bank

- | | | | | |
|---------|----------------|----------|-----------------|-----------------|
| complex | hypoglycemia | nervous | mental | protein |
| kidneys | macronutrients | chemical | polysaccharides | monosaccharides |
| simple | carbohydrates | diabetes | energy | |