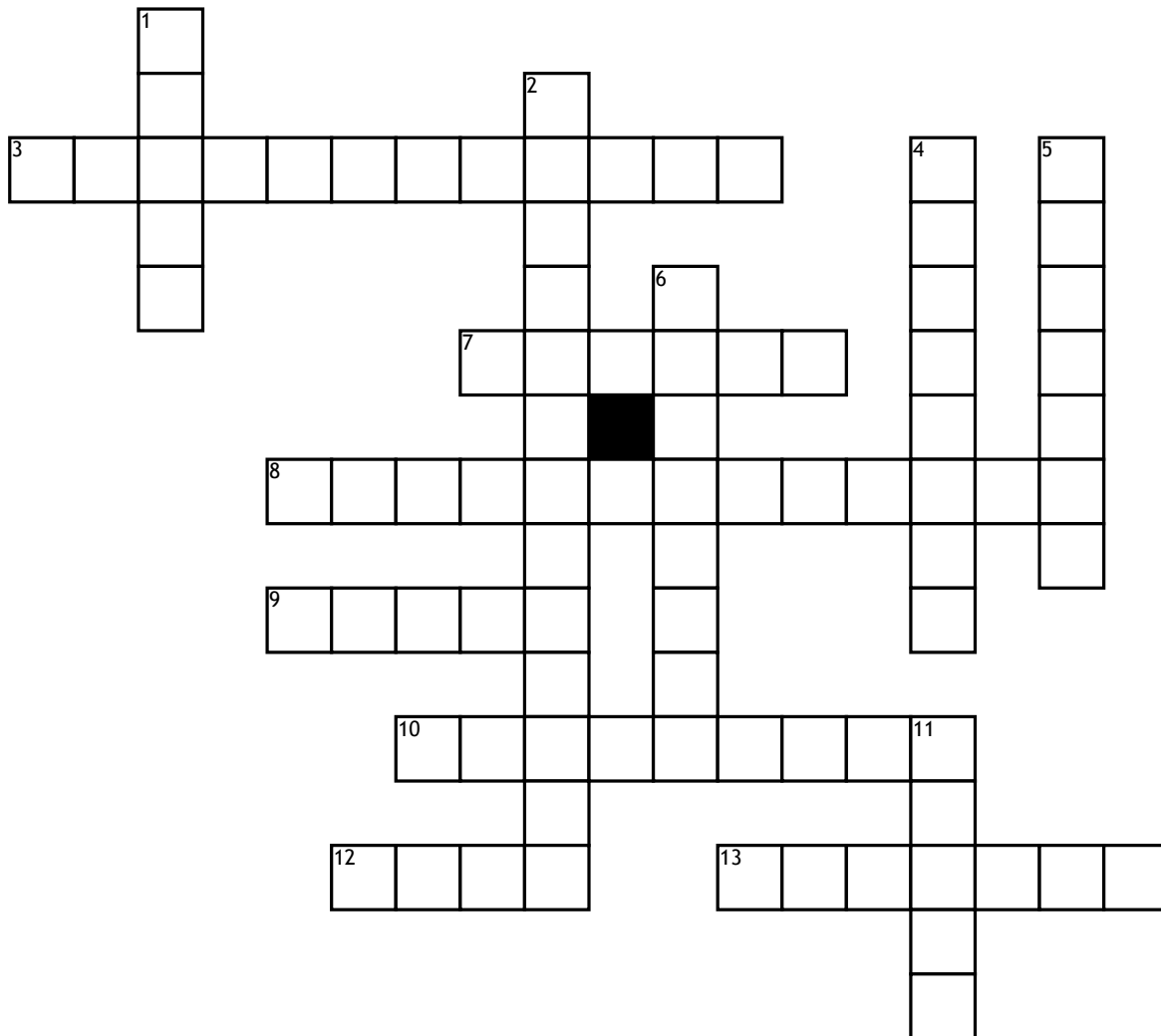


Macro & Micronutrient by Mateo



Across

3. Compounds found in large amounts in fruit and vegetables as well as in many teas (herbs) and spices. Essential for reducing damage to cells, and highly beneficial to overall health

7. When _____ is combined with chloride, the resulting substance is a crystal called table salt

8. Calories from food with no nutrients

9. This makes you poop

10. the chemical element of atomic number 19, a soft silvery-white reactive metal of the alkali metal group

12. One of the three nutrients used as energy sources

13. Teeth and bones contain the most of this

Down

1. As such it is necessary for the absorption of macronutrients

2. This can come in a simple or complex form

4. You get this from red meat

5. is a simple sugar also called dextrose

6. are essential for normal metabolism, growth and development, and regulation of cell function.

11. . In sports, fitness and bodybuilding the term _____ is used extensively to refer to macronutrients (protein, carbohydrates and lipids).