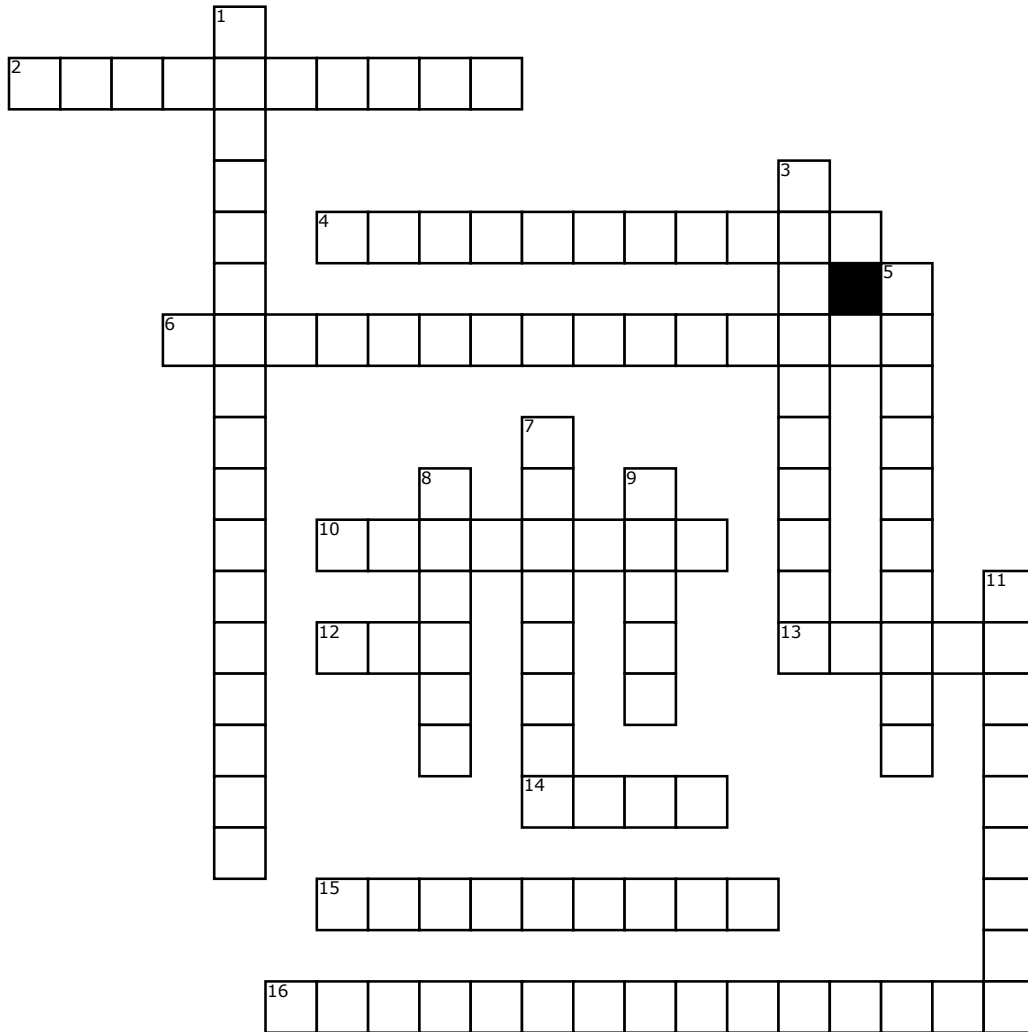


Name: _____

Make A Change - Fats, Sugar & Sodium



Across

- 2. Foods like olives, ketchup, salsa, and pickles are high in sodium.
- 4. Only found in animals products, if too much is in our blood, it increased the risk of heart disease.
- 6. A fat found mainly in oils from plants and are usually liquid at room temperature.
- 10. This small cube is high in sodium; substitute one cup of low-sodium broth for it
- 12. Provides essential fatty acids.
- 13. Consuming too much of this can cause tooth decay.

14. This product used to add flavor to foods contains sodium.

15. A fat found mostly in foods from animals and some plants and are solid at room temperature.

16. A fat that may decrease the risk of heart disease by decreasing total cholesterol levels in the blood.

Down

- 1. Limit your intake of sodium to reduce your risk of this condition.
- 3. Studies have shown a link between this beverage and weight gain.
- 5. Look for this on the NEW Nutrition Facts label on foods you buy.

7. A thick syrup produced during the refining of sorghum, varying from light to dark brown in color.

8. A concentrated source of calories.

9. A sweet, viscid fluid produced by bees from the nectar collected from flowers.

11. A food that has been altered in any way from its natural state. May have added fats, sodium or sugar.

Word Bank

SATURATED

SALT

CONDIMENTS

FAT

CHOLESTEROL

HONEY

MOLASSES

HIGHBLOODPRESSURE

POLYUNSATURATED

SOFTDRINKS

PROCESSED

ADDEDSUGAR

BUTTER

BOUILLON

SUGAR

MONOUNSATURATED