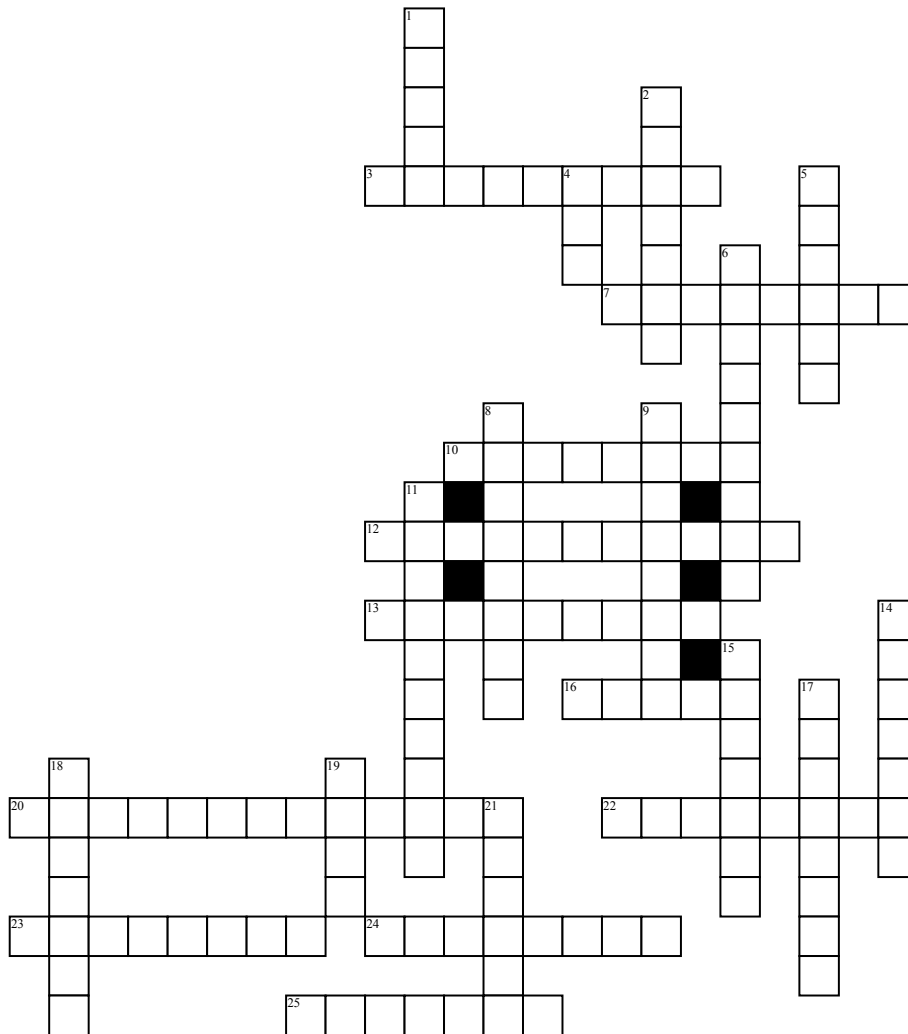


# Most Important Nutrients



## Across

3. Contributes to clogged arteries and increases risk of heart disease.  
 7. Promotes normal blood clotting.  
 10. Helps support and improve your vision.  
 12. Helps reduce risk of heart disease lowers cholesterol levels.  
 13. Prevents nerve tube defects in the fetus.  
 16. Helps with bowel movement in the digestive system.  
 20. Provides energy for your body.  
 22. An essential nutrient that builds bones, teeth, blood, nerve function, and skin and takes energy from the food we eat.  
 23. Promotes healthy skin and hair and is a antioxidant.

24. Fully utilizes the body with amino acids.  
 25. Supplies energy and other nutrients for your body to use.

## Down

1. It helps maintain the balance of the fluids in your body.  
 2. An essential nutrient that heals wounds and shore up bones in your body.  
 4. Stores energy, insulates us, and protects your organs.  
 5. Helps keep water in your body balance properly.  
 6. Raises cholesterol levels in your blood.  
 8. This helps maintain the connective tissues, including bones and skin.

9. Helps keep body's nerve and blood cells healthy and makes genetic material called DNA.

11. This does not contain amino acids.  
 14. A primary source of energy and transported into the body.  
 15. This nutrient helps build and repair tissues in your body and uses hormones and other chemicals.  
 17. Absorbs calcium helps with bone growth.  
 18. Builds strength in bones and keeps your bones healthy.  
 19. Carries oxygen from the lungs to transport throughout your body.  
 21. Normally a quick source of energy for your body.

## Word Bank

Vitamin D	Vitamin B	Simple	Folic Acid	Vitamin K	Incomplete	Glucose
TransFats	Water	Minerals	Complete	Carbohydrates	Vitamin A	Vitamin C
Unsaturated	Iron	Vitamin	Saturated	Vitamin E	Fiber	Calcium
Fat	Complex	Sodium	Protein			