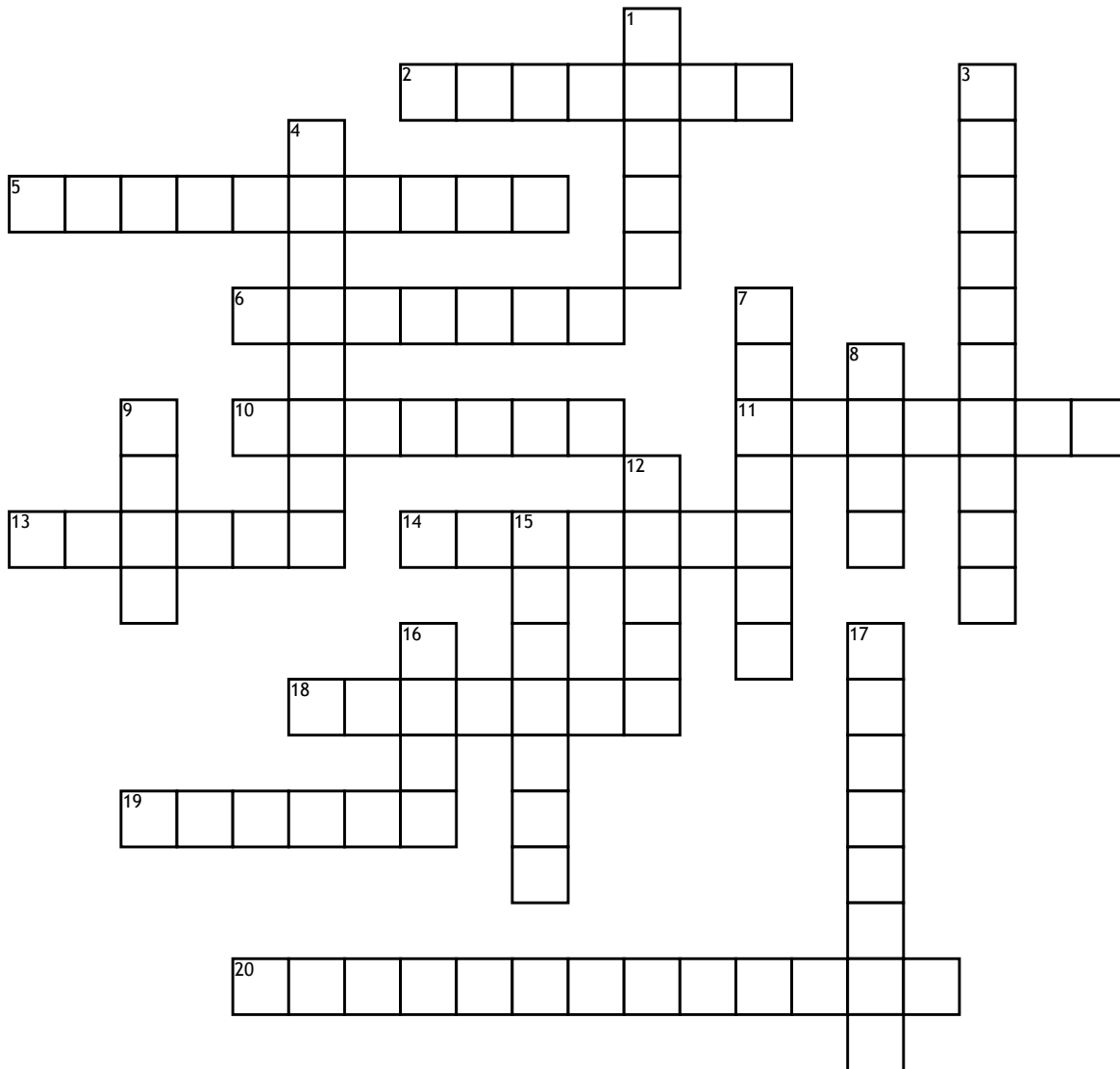


# NUTRITION



## Across

2. Amount of food suitable for or served to one person  
 5. Favorable or advantageous; resulting in good  
 6. Even distribution  
 10. An inorganic substance needed by the human body for good health  
 11. A wide range or variety of related and typically colorful things  
 13. Wheat or any other cultivated crop used as food

14. Replaced Food Pyramid in 2011  
 18. The state from being free from illness or injury  
 19. Seed-bearing structures in flowering plants  
 20. Sugars, starches, and fiber found in fruits, grains, vegetables, and dairy products

## Down

1. Dietary material containing , that are resistant to the action of digestive enzymes

3. Plants or part of plants used for food  
 4. "Vital" or essential for life  
 7. A number or range of things of the same general class that are different  
 8. Special course of food one constricts itself to  
 9. The food eaten on regular occasions  
 12. Food made from or containing milk  
 15. A macro-nutrient  
 16. Saturated or Unsaturated  
 17. Measure of energy in food