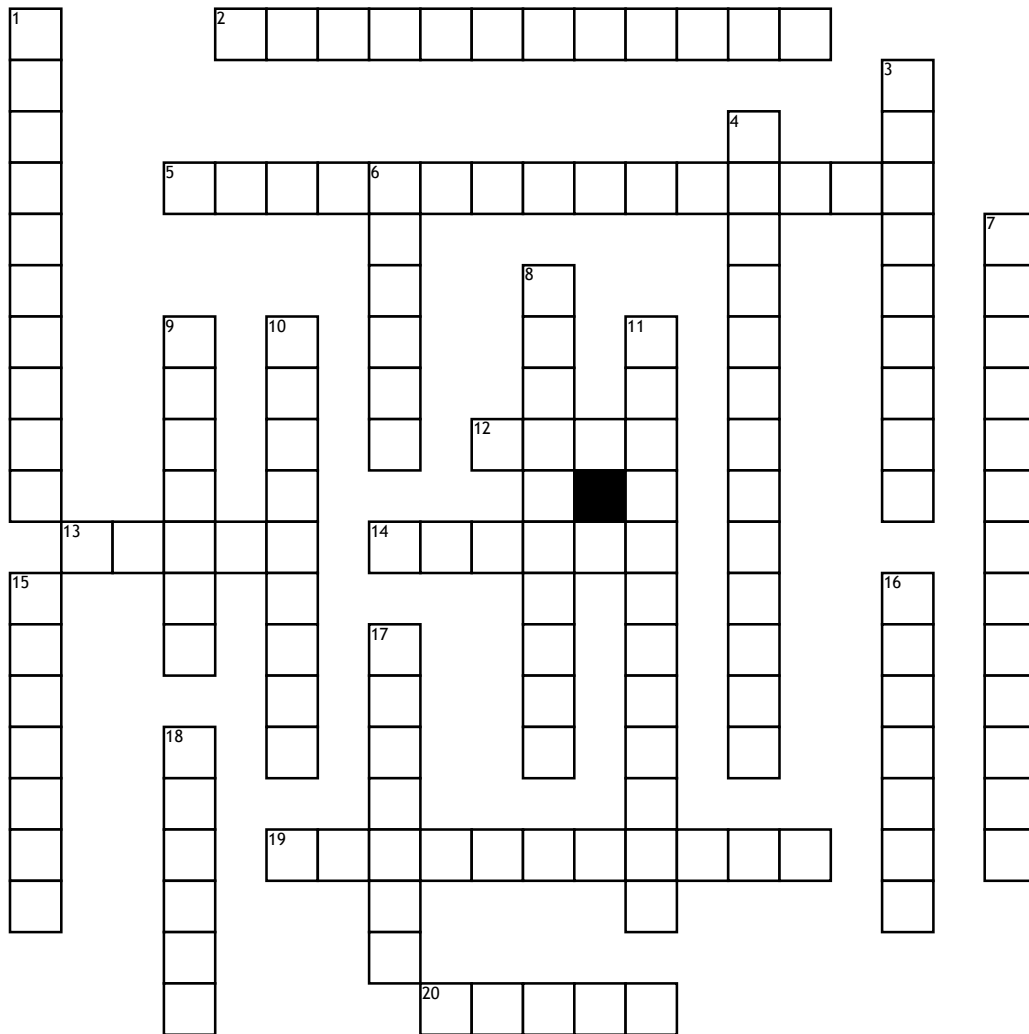


Name: _____

Date: _____

Nutrient Crossword



Across

- 2. Also called a simple carbohydrates
- 5. 1 type of simple carbohydrates
- 12. The type of iron found in beef liver and pork liver
- 13. Grains are naturally high in
- 14. condition that results from a iron deficiency
- 19. A fat like substance that is present in all body cells

20. H2O is the chemical symbol for

Down

- 1. carries vitamins A,D,E and K in the body
- 3. two types of fiber
- 4. complex carbohydrates are broken down into two sub-categories: starches and
- 6. a seafood that is high in protein
- 7. second type of simple carbohydrates

8. What is the lowest carb fruit

- 9. two types of fiber
- 10. worst kind of fat
- 11. form of carbohydrates that does not provide the body with energy
- 15. an immune reaction to a food component
- 16. In what food group would legumes be found
- 17. a type of iron rich food
- 18. condition that results from a vitamin c deficiency

Word Bank

- | | | | | |
|-----------------|----------------|-------------|---------------|------------|
| monosaccharides | insoluble | water | disaccharides | Scurvy |
| anemia | allergy | seafood | Cholesterol | Watermelon |
| dietary fiber | dietary fibers | Fat-soluble | simple sugars | saturated |
| shrimp | soluble | heme | fiber | protein |