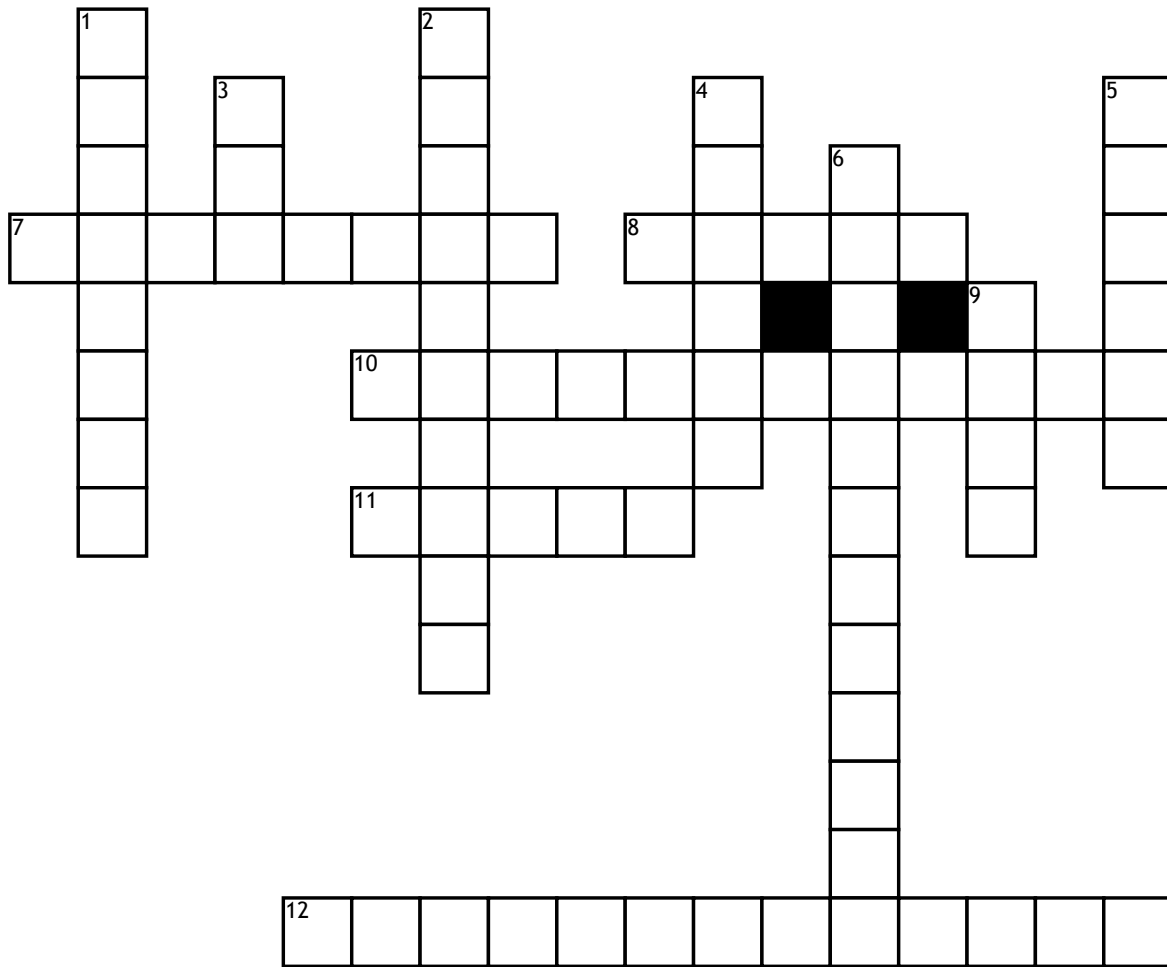


Nutrients



Across

7. Nutrients that help build, repair, and maintain body tissue

8. Makes up most your body weight

10. Serious health problem caused by poor nutrition over long period of time

11. Daily intake of ____ is 20-30 grams a day

12. Body's main source of energy

Down

1. Complex carbs can be broken down into dietary fiber and ____

2. Chemical building blocks

3. We need 30% of calories from ____

4. Experts recommend that we get protein from ____

5. A high protein diet

6. Do not supply nutrients other than simple carbs

9. Type 2 Diabetes is caused from?