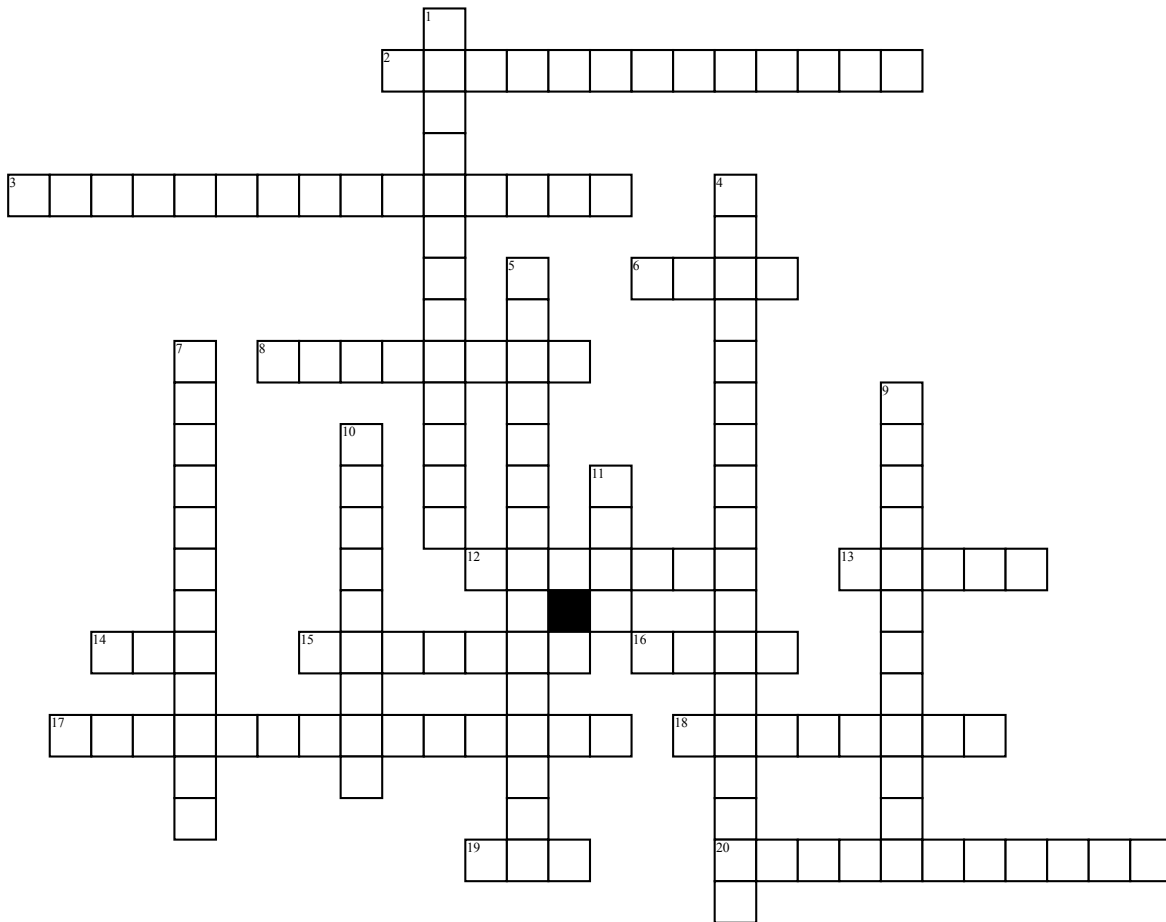


# Nutrition



## Across

2. Made up of sugars and starches.  
 3. \_\_\_?\_\_\_ fatty acids lower both "good" and "bad" cholesterol levels.  
 6. Source of energy, and helps protect your organs from damage.  
 8. Source of energy and helps build, repair, maintain body tissue.  
 12. A unit of energy and 9 of these are in 1 gram of fat  
 13. Its essential to life and maintains normal body temperature.  
 14. The "good" kind of cholesterol.  
 15. Helps build bone and maintain bone strength and helps prevent osteoporosis.

16. The standards for assessing nutrient needs among diff. ages and gender groups.  
 17. Saponins, Lutein, Allyl sulfides, Beta carotene are all examples of...  
 18. Helps carbohydrates, fats and proteins do their job and keeps body tissues healthy  
 19. The "bad" kind of cholesterol.  
 20. Its manufactured in the liver.

## Down

1. They are needed in in relatively large amounts.  
 4. A state where an individual's intake of nutrients is insufficient for the body's normal functioning.

5. \_\_\_?\_\_\_ fatty acids lower only the "bad" cholesterol levels.  
 7. They regulate nerve and muscle function, hydrate the body, balance blood acidity and pressure, and help rebuild damaged tissue.  
 9. The portion of plant-derived food that cannot be completely broken down by digestive enzymes.  
 10. \_\_\_?\_\_\_ fatty acids raise the level of "bad" cholesterol.  
 11. Helps carry oxygen in the blood and helps your cells use oxygen.