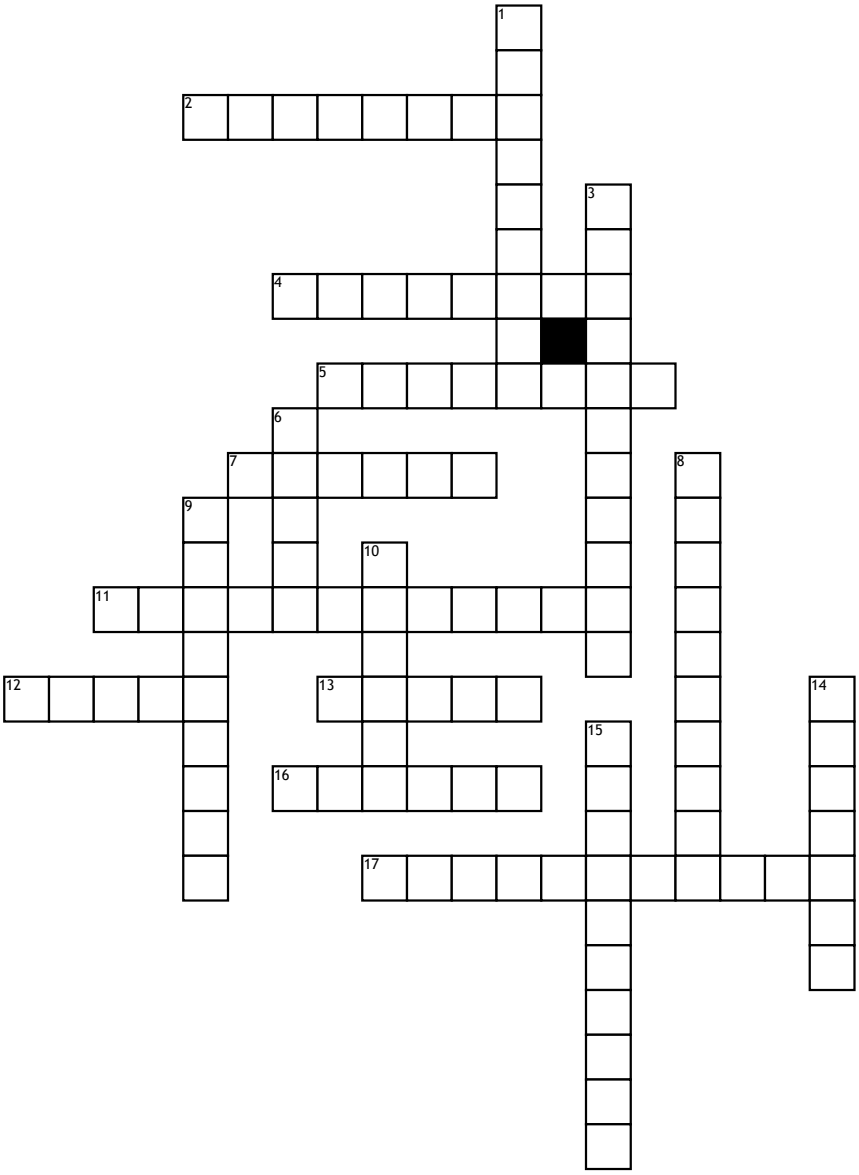
Name: _____ Date: _____

Nutrition



Across

2. Protein that contains all 9 essential amino acids

4. Substances in food like iron, calcium, phosphorus

5. Your desire rather than need to eat

7. The body's protection against starvation

11. A type of vitamin that gets absorbed quickly by the body.

12. Helps maintain electrolyte balance, maintain body temperature, lubricates joints.

13. Substance in food that helps with the digestive system.

16. Type of carbohydrate that is a sugar

17. Bad _____ can build up in your arteries if you eat to many saturated fats.

Down

1. It is important to eat _____ so you do not overeat during lunch.

3. A type of fat that deceases cardiovascular disease.

6. Words on a nutritional facts lable that end in -ose are normally _____

8. Protein that is lacking one or more of the 9 essential amino acids

9. A type of fat that increases cardiovascular disease

10. A mineral that needs to minimized to decrease high blood pressure

14. Type of carbohydrate that is a starch

15. A type of vitamin that can be stored in the body.

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