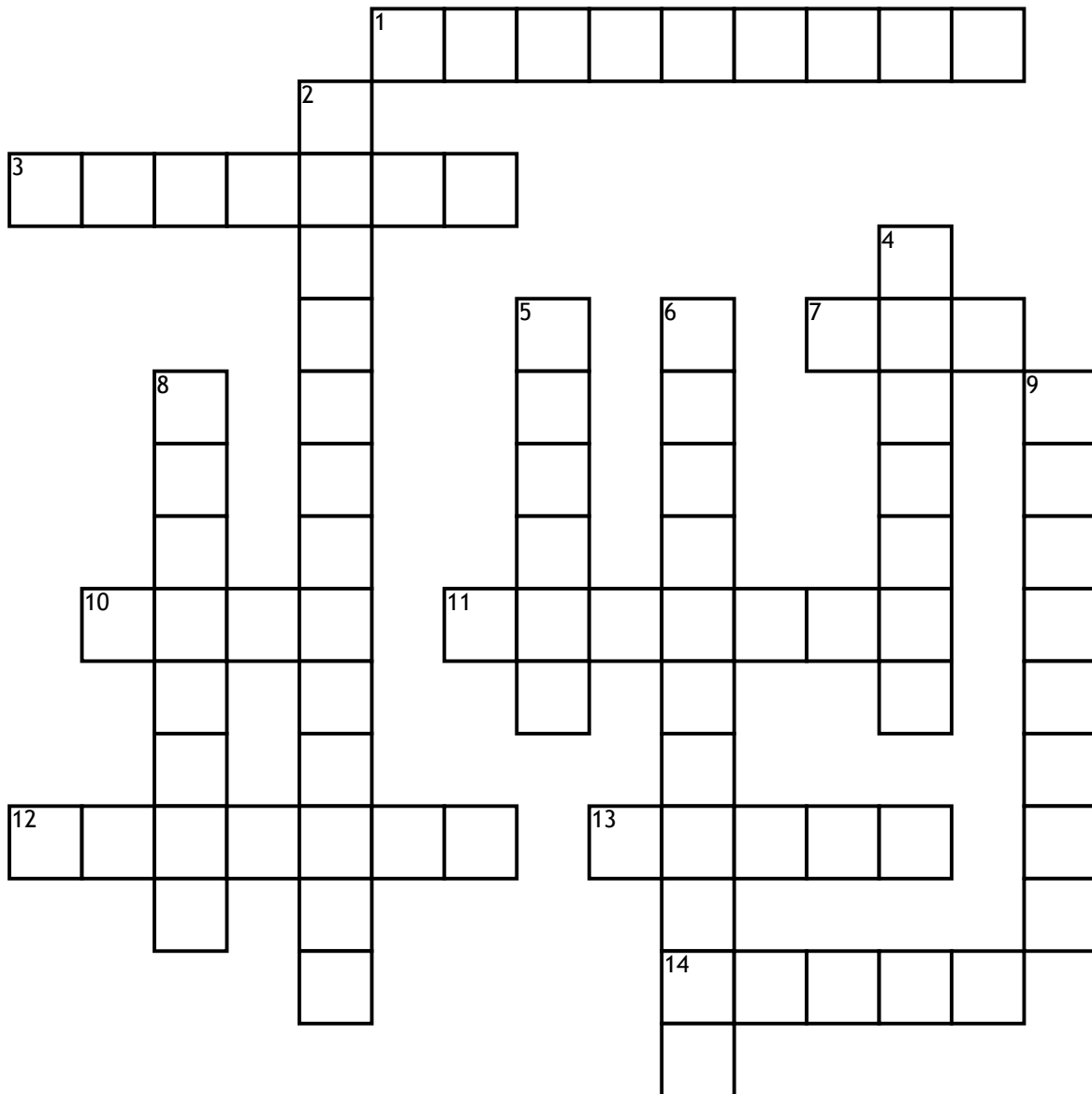


Nutrition



Across

- 1. Basal metabolism is the energy needed for what?
- 3. The food pyramid that is used today and adopted by our country is _____.
- 7. Added sugars should be less than _____ % of your caloric intake.
- 10. What provides energy for our bodies?
- 11. What nutrient builds muscle and bones?

12. Weight gain happens when Energy In is _____ than Energy Out.

13. What nutrient is essential for digestion, respiration, carrying nutrients and oxygen?

14. We should choose nutrient-dense foods more often and try to consume less _____ calories.

Down

2. What nutrient gives us high amounts of quick energy?

4. Nutrition labels are important to help identify how many calories are in a single _____.

5. Carbs are categorized by complex and simple _____.

6. We need more of this type of fat in our daily diet?

8. How is energy in food measured?

9. This type of fat is where extra calories are stored, not under your skin, but in your stomach and surrounding your organs.