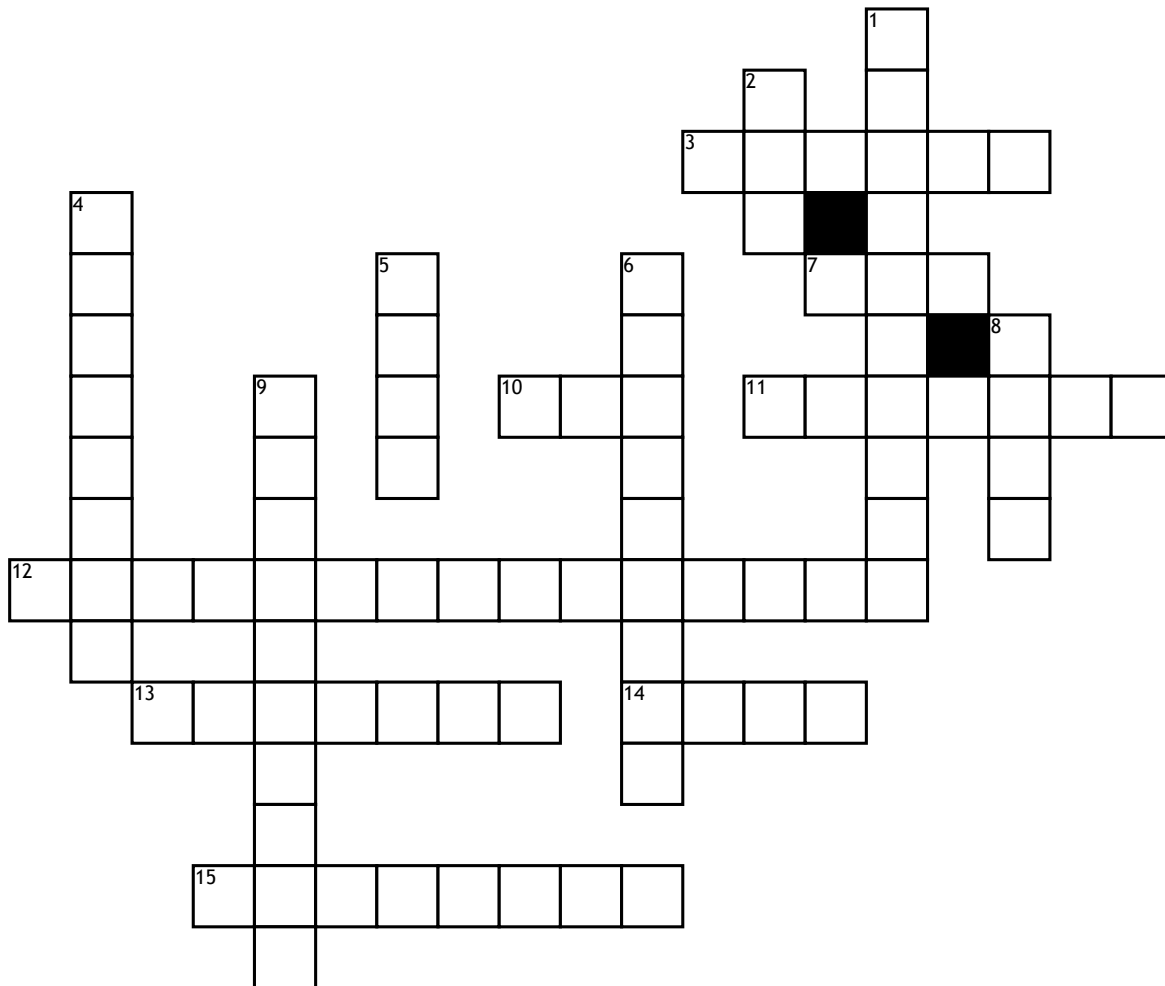


# Nutrition



## Across

3. Another name for dietary fats  
 7. The healthiest type of Glycemic Index  
 10. Known as the Good Cholesterol  
 11. The sugar found in milk  
 12. The worst type of dietary fat

13. Mineral that helps build strong bones

14. Mineral that helps prevent anemia

15. Carbohydrates are converted to this for energy use

## Down

1. The building blocks of protein  
 2. Serves of grains ages 19-50 need per day

4. The digestive gland in the mouth

5. The digestive juice in the small intestine

6. Chemical name for vitamin B9

8. Serves of Dairy women over 50 need per day

9. The body stores these types of vitamins