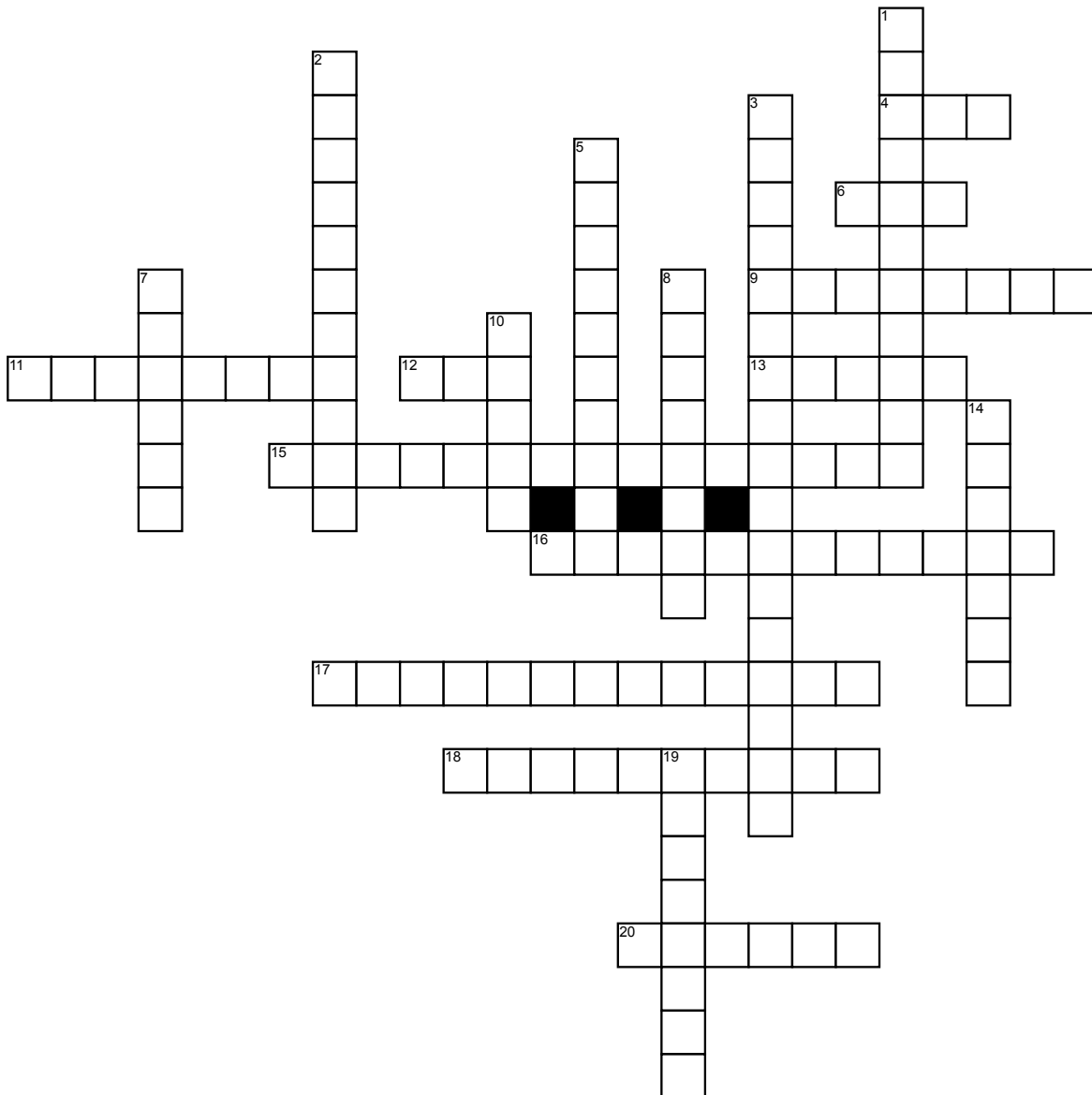


Nutrition Cross Word Puzzle



Across

- 4. Good cholesterol.
- 6. Bad cholesterol.
- 9. A large consumption of a vitamin or drug.
- 11. The worst type of fat.
- 12. A way to measure your body fitness that most doctors use.
- 13. Another word for fat.
- 15. A type of protein that contains all 9 amino acids.
- 16. The bones become weak and brittle due to _____.

17. Most candies have a "ton" of this.

18. The building block for all proteins.

20. People that only eat non-animal products.

Down

1. Drinking water to reverse dehydration.

2. When you don't have enough water in your body.

3. A type of protein that doesn't contain all 9 amino acids.

5. You should read these when you purchase food.

7. Something you feel when you haven't eaten all day.

8. You should have about 2,000 of these in a day.

10. A carbohydrate that the body can't digest.

14. An eating disorder that involves regurgitation.

19. An eating disorder that involves eating the fewest amount of calories possible.