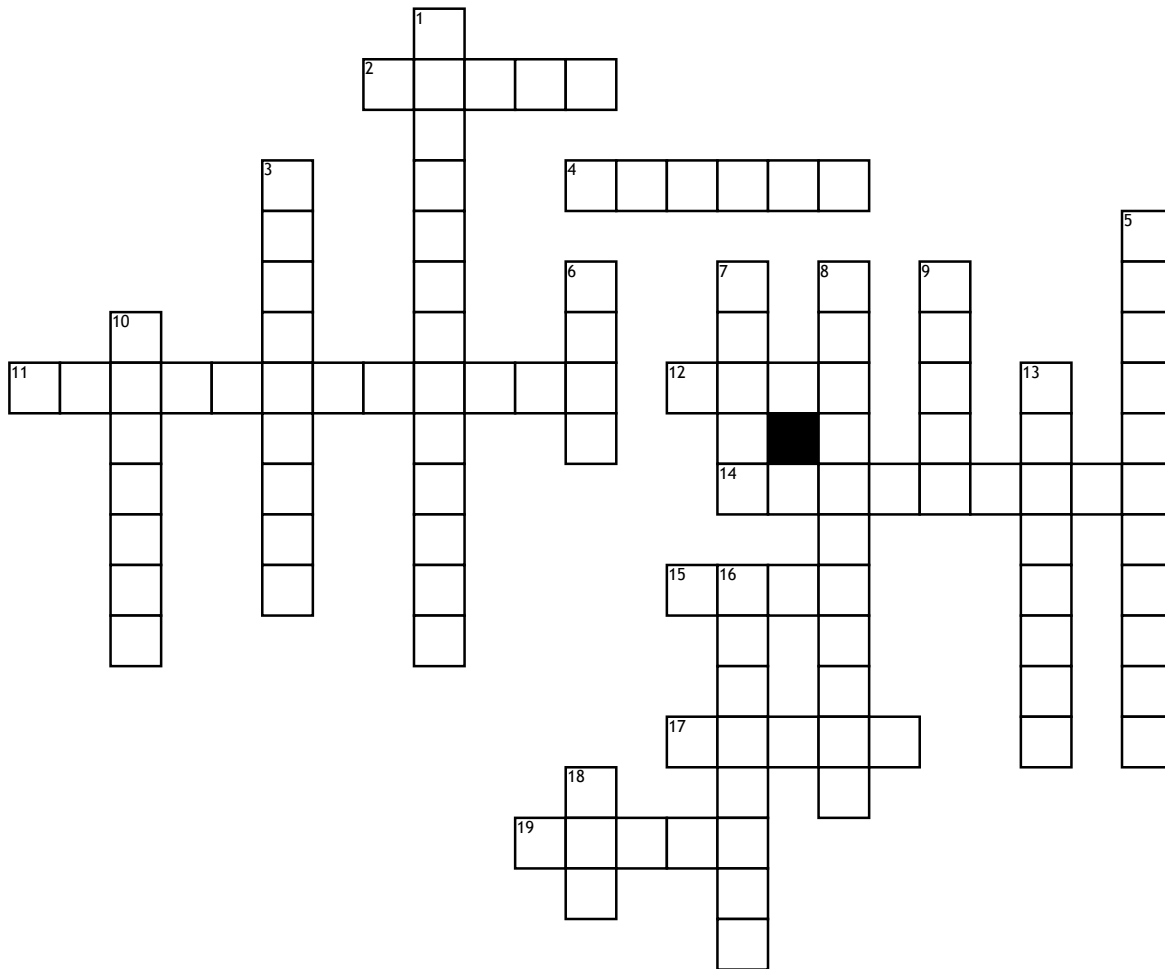


Nutrition Crossword



Across

2. You should only sip me not chug on me during exercise
4. I should be eaten 30 minutes before exercise
11. I am a term used for when you eat lots of carbs to stock your body up on sustainable energy for intense and long future exercise
12. I help with body warmth & protection of vital organs
14. I am a fat you can eat a moderate amount of and I can be found in butter
15. Your body will feel bloated, have digestion problems, have low blood flow, and reduced performance if you _____ eat

17. I help with replacing fluids during exercise, cooling core body temperature, cell function and much more

19. I should be eaten 2 hours before a game

Down

1. I am used for energy in the body and can be complex or simple
3. I tell you the amount of protein, fat, carbohydrates, minerals, vitamins, & additives that are in a food
5. I am a fast source of energy that helps to keep you hydrated and replaces electrolytes during exercise
6. I am a type of carbohydrate that is a fast source of energy that burns up quickly, what is my GI value?

7. I am fat that you should eat very little of and can be found in fast foods such as KFC

8. I am considered a 'healthy' fat

9. Your body will get tired, decrease in intensity, lose muscle and have lack of cell function if you _____ eat

10. I help with muscle repair, growth & size

13. I help with multiple cell functions and my friend called 'Minerals' helps me too

16. I am a vitamin and help you avoid eye problems

18. I am a type of carbohydrate that is a slow absorbed source of energy that is long lasting, what is my GI value?