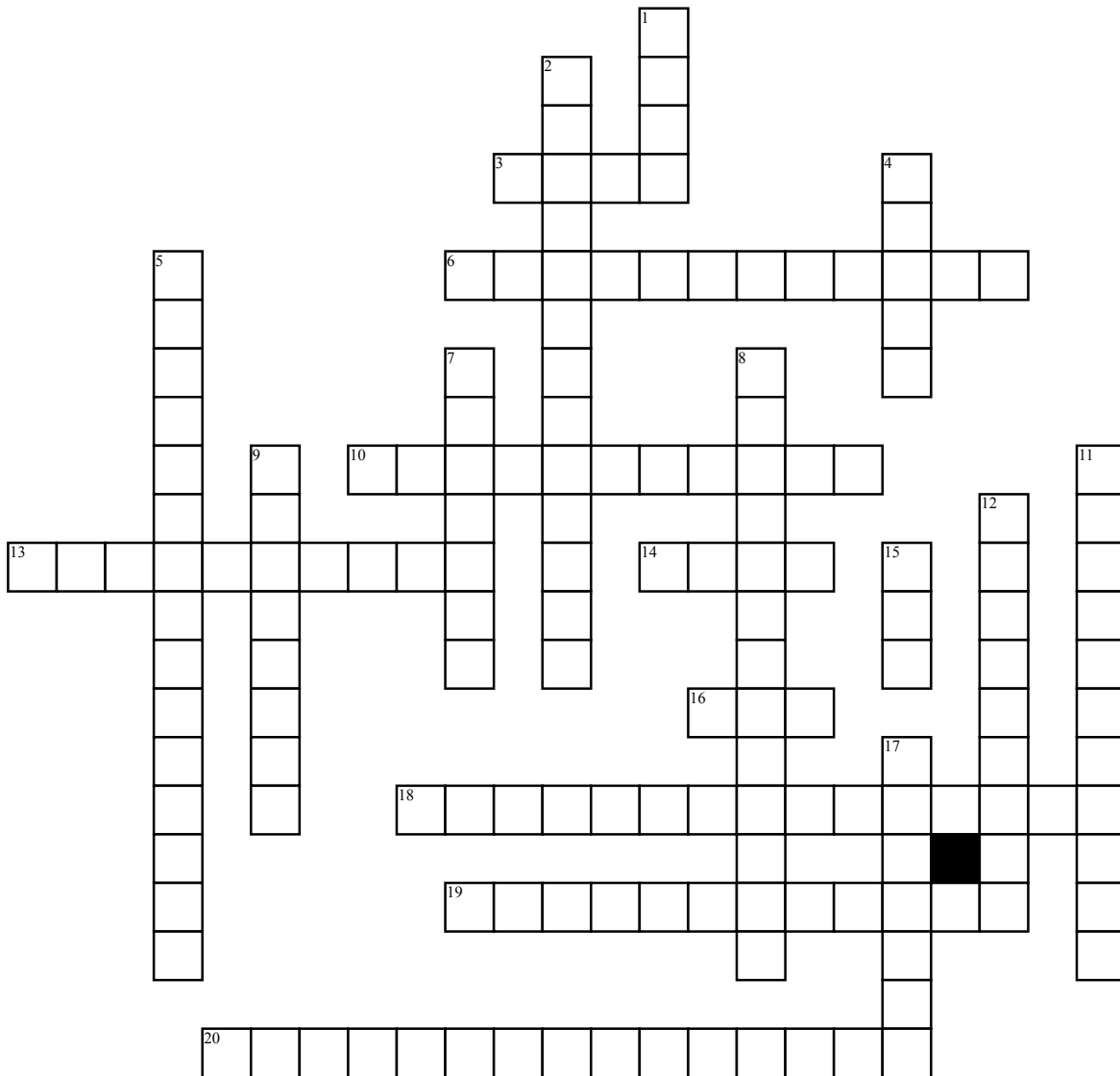


Nutrition Crossword Puzzle



Across

3. Helps to protect our vital organs.

6. Iron and calcium are examples of _____.

10. It is good and bad _____.

13. Vitamins A,D,E,K are examples of _____.

14. We can store large amounts of this in our body.

16. "Bad" cholesterol.

18. Helps raise the good cholesterol and lowers bad cholesterol.

19. The worse type of fat you can consume.

20. found in meat.

Down

1. It is divided into three parts.

2. Zinc and copper are examples of _____.

4. We are made up of 63% of this nutrient.

5. Raises "bad" cholesterol.

7. An example would be a plant source. Incomplete

8. Is divided into two parts, sugars and refined sugars.

9. We need about 2000 of these each day.

11. It is a substance like vitamin C and E.

12. Butter and lard are examples _____.

15. "Good" cholesterol.

17. You get this nutrient when you eat plants and meat.