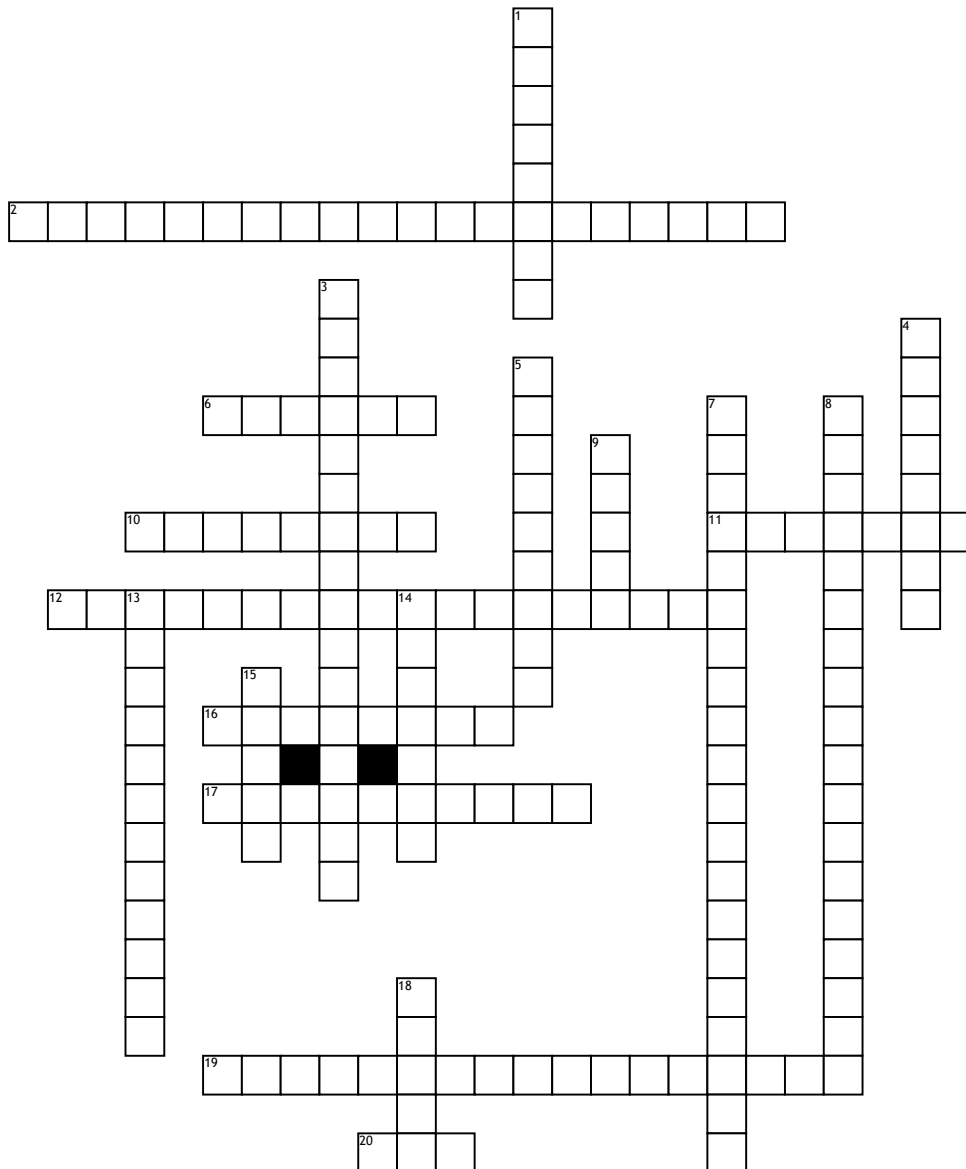


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrition Crossword Puzzle



## Across

2. Vitamins that pass through digestion easily and need to be replenished daily

6. A physical response to prevent starvation

10. these fats are found in only processed foods

11. A substance important for the structure and function of your bones

12. The minimum amount of calories a day you need to sustain body functions

16. these nutrients give no calories

17. an inadequate amount of something

19. A food that is missing one or more of the essential amino acids

20. "good Cholesterol" that can clear arteries

## Down

1. the desire rather than the need to eat

3. unsaturated fat that can be found in fish

4. The potential energy gained from the consumption of a food product

5. The process in which the body takes in and uses food

7. The starches in food

8. A vegetarian that eats plants, dairy, and eggs; but doesn't eat meat

9. lubricates your joints

13. Fat that is solid at room temperature

14. "binge and purge" eating disorder

15. A indigestible complex carbohydrate

18. Another word for fat