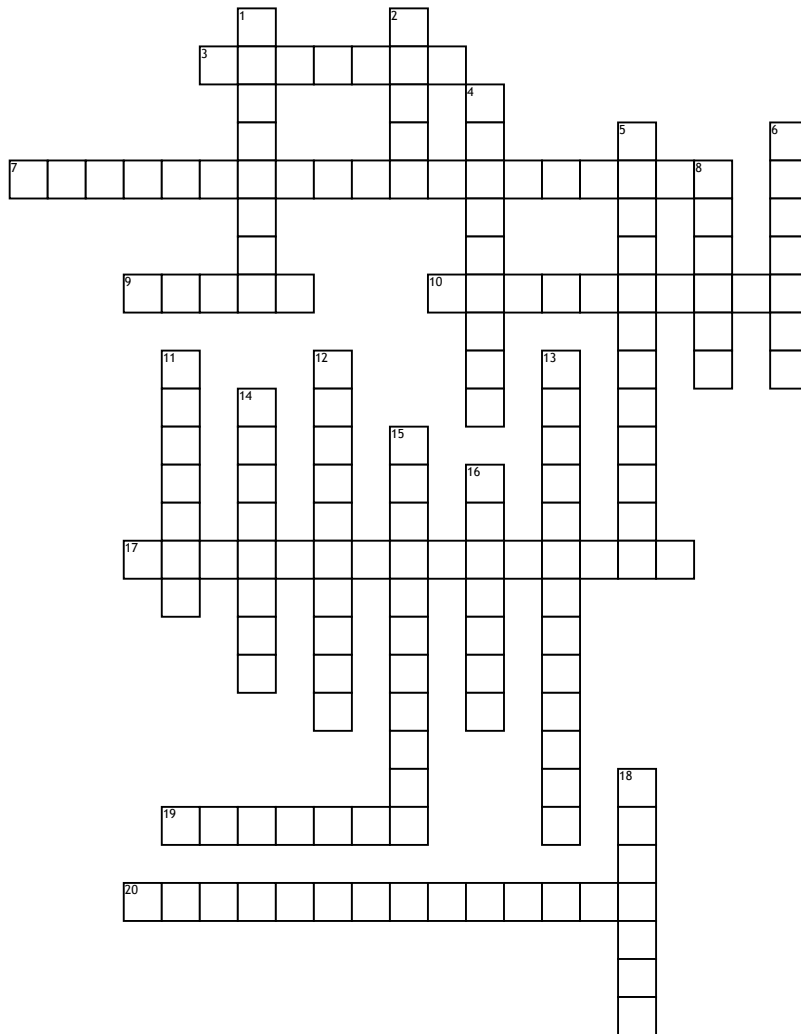


# Nutrition Crossword



**Across**

- 3. Nutrients used to build and repair body cells & tissue.
- 7. Other common "Good" Fat
- 9. The most common color for the carbs that are the least healthy
- 10. Every chemical process of every single cell in your body
- 17. The group of organs that work together to break down foods into substances that your cells can use
- 19. Cells use this primary fuel to function
- 20. Key ingredient to look for when looking for a wheat substitute

**Down**

- 1. Should be eliminated fully from all diets
- 2. A type of complex carbohydrate that is found in plants and is necessary for the proper functioning of the digestive system.
- 4. Substances in the food that provide energy and help form body tissues.
- 5. Often overly associated with weight gain
- 6. A class of nutrients that contain carbon and are needed in small amounts to maintain health and allow growth
- 8. An essential mineral often added to salt

- 11. Unit used to measure a food's energy
- 12. Only 2-3% of Americans get enough of this healthy fat in their diet
- 13. Amount of Omega 3 we should intake daily
- 14. When your body does not receive enough nutrients you have a
- 15. Recommended portion size necessary to maintain a balanced diet
- 16. Transports glucose into cells
- 18. Sugar made by animals

**Word Bank**

- |                  |                  |                  |                      |
|------------------|------------------|------------------|----------------------|
| Omega Three      | Sodium           | Protein          | Nutrients            |
| metabolism       | Lactose          | 500 mgs-1000 mgs | Fiber                |
| Carbohydrate     | White            | Glucose          | Monounsaturated fats |
| 100% Whole Wheat | Transfat         | Vitamin          | Calorie              |
| Insulin          | Digestive System | Deficiency       | Serving Size         |