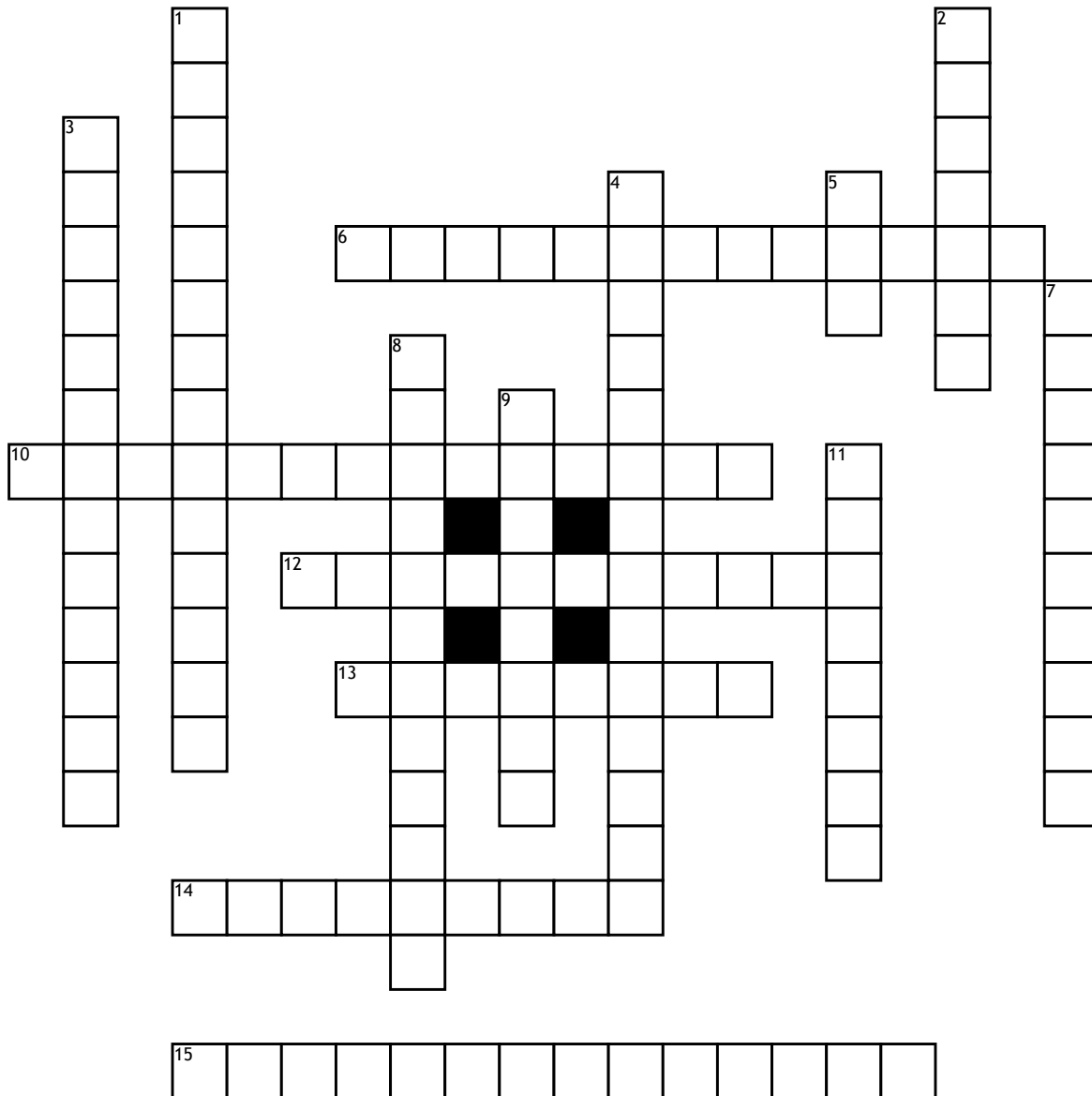


Nutrition Study Vocabulary



Across

6. Main source of food for your body. Two forms - simple and complex

10. Components of foods that provide calories (or energy) to the body

12. - This is essential for brain function. About 25% of this in your body is used to build brain membranes

13. Needed by the brain for proper functioning. Ex. D, K, C

14. Added to food to provide flavor or shelf life

15. Come in bags, boxes, cans, packages; have long list of ingredients

Down

1. Very small but essential amounts of elements in food that your body needs to sustain function and good health

2. The body uses this to make brain chemicals that enhance or inhibit brain function

3. Give the body energy while meeting few of the body's nutrition needs

4. Found in plant foods; offer protective benefits against disease

5. About 2/3 of your brain volume consists of this.

7. Minimally processed foods

8. Substances that fight or decrease the effects of oxidative stress in the body.

9. Provide protective benefits in the brain. Ex. Zinc, iron, calcium

11. A measure of food energy