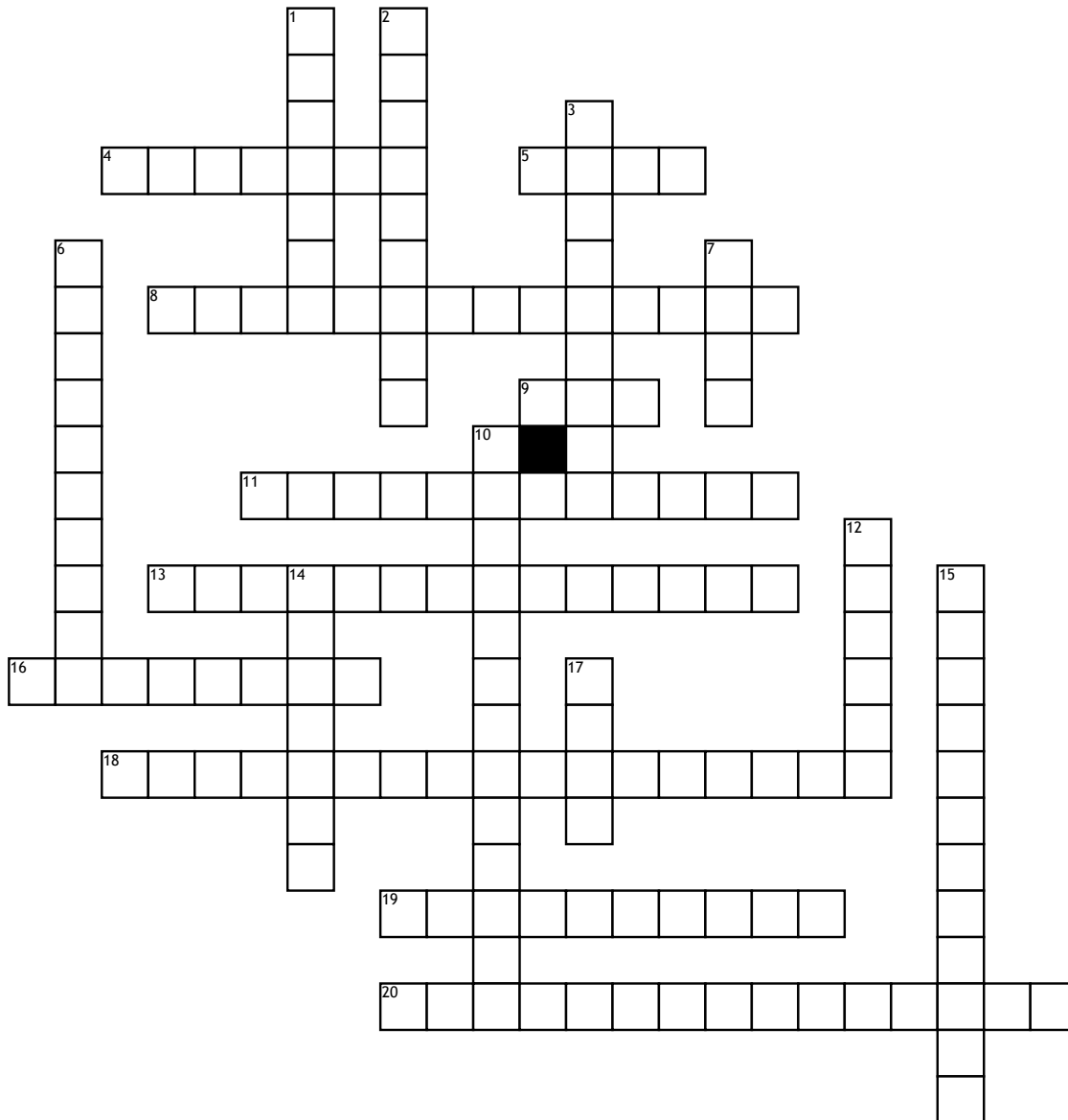


# Nutrition



## Across

4. Your body can't digest this carbohydrate.  
 5. calories in protein  
 8. a condition in which the body takes in too few nutrients for health and growth  
 9. If you consume more calories than you use up, it will be stored as  
 11. an energy imbalance also occurs if over time, you burn more calories than you take in  
 13. Energy intake vs. energy output  
 16. Complex carbohydrates.  
 18. a relatively low-calorie food that provides vitamins, minerals, and other healthful substances

19. the rate at which the body uses energy  
 20. weight range deemed appropriate for people, taking into consideration gender, age, and frame size

## Down

1. a unit of measurement for energy provided by food  
 2. Use of a harmless electrical current to calculate percent body fat is an electrical  
 3. Subjective perception of how one's body appears to oneself and others

6. a person's excess fat accumulation results in body weight that exceeds desirable weight by 1-19%  
 7. calories in carbohydrates  
 10. are the body's primary source of energy.  
 12. Measurement of air displacement to determine percent body fat  
 14. a person's body weight is 20% or more above desirable weight  
 15. an energy imbalance also occurs if over time, you burn more calories than you take in  
 17. Calorie in fat