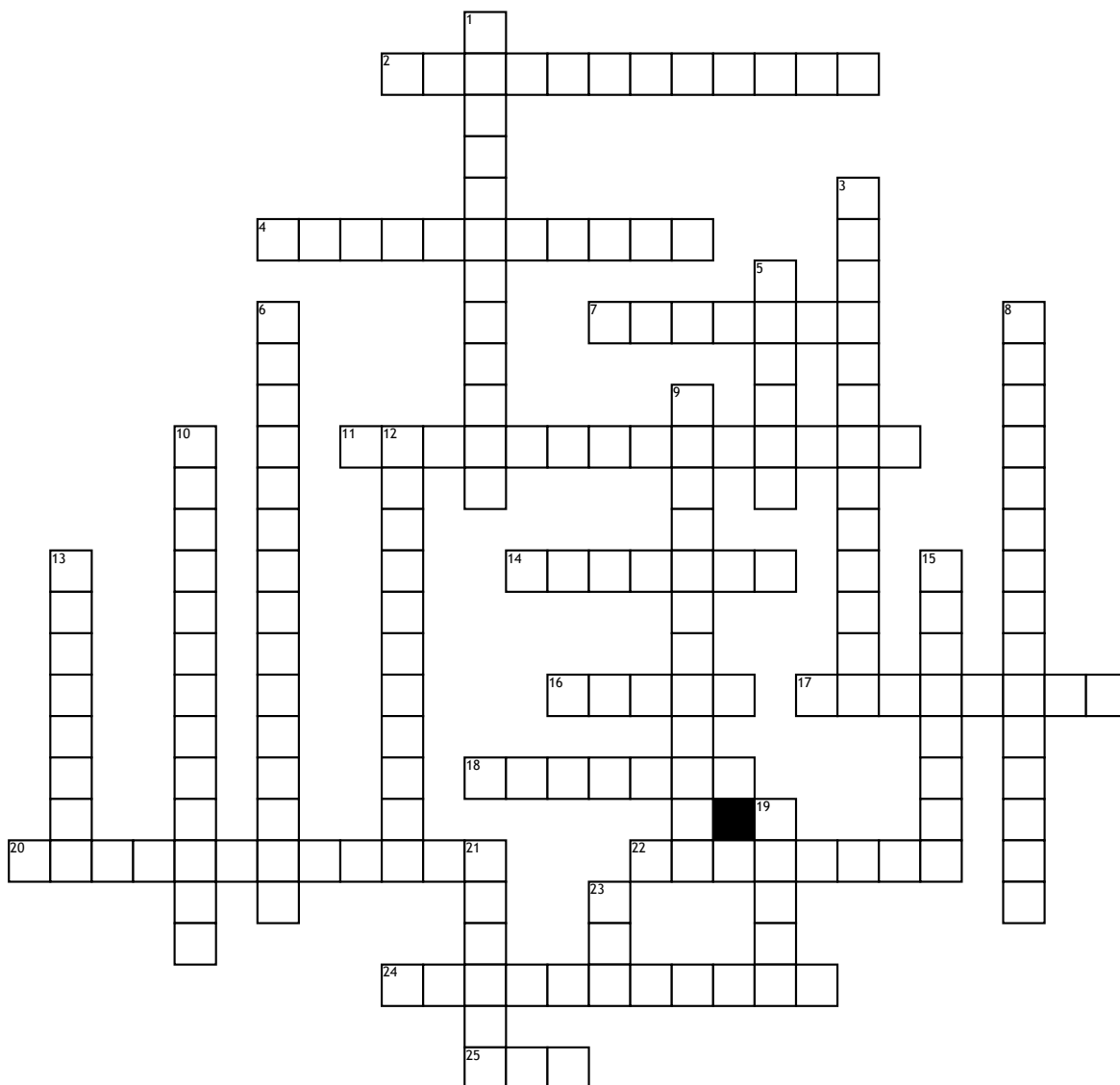


Name: _____

Date: _____

Nutrition: Ch. 5 Carbohydrates and Ch. 6 Lipids Crossword



Across

2. This lipid is what composes the majority of the membrane of our cells and also the shell of lipoproteins

4. Pouches the form in the large intestine due to exertion and high pressure

7. An important monosaccharide that fuels our brains, central nervous system, and cells

11. White blood cells that leave the blood stream to embed themselves in blood vessels and engulf to detect and digest/engulf oxidized LDL

14. This hormone increase uptake of glucose by the cells thus lowering glucose in the blood.

16. Polysaccharide that is the indigestible material of foods, that is compacted in the large intestine to form feces

17. What organ releases the blood balancing hormone insulin and glucagon?

18. This results when too few daily carbs are consumed causing fatty acids to be released from adipose to provide the body with energy for its cells

20. Purple and blue fruits high in phytochemicals and organically grown foods have more of this, which helps to reduce LDL oxidation

22. Compounds like bile and _____ also serve as emulsifiers

24. Triglycerides with short or medium fatty acid tails (10 or less carbons) take less time to digest and are transported via the _____ system

25. Lipoprotein that is carrying core filled with mostly protein, also measured as the 'good' cholesterol

Down
1. Sweet N Low, Aspartame, and Splenda are all alternative sweeteners also referred to as _____ because they provide no calories

3. High blood glucose levels that can lead to diabetes

5. Triglycerides with long fatty acid tails (12 or more carbons) take _____ to digest and are transported via the lymphatic system

6. in arteries when a plaque develops, thickens the vessel and hardens

8. The breaking down of amino acids to make glucose

9. Provides the body with 9 kcal/g and has 3 fatty acid tails that can be saturated or unsaturated

10. These monosaccharide derivatives often found in sugarless candies are not readily metabolized by bacteria in the mouth and thus do not promote dental caries

12. In the hours after eating a meal, these lipoproteins are the most numerous in the blood at this time.

13. The liver stores our short term stores of carbohydrates as this polysaccharide

15. This hormone acts on the liver to release glucose (hydrolyze) monosaccharide from the polymer glycogen stored there.

19. Receptors on the _____ that bind to LDL to remove it from via the receptor mediated pathway.

21. Plant sources of food are full of this polysaccharide source

23. Lipoprotein that is carrying core filled with mostly cholesterol, also measured as the 'bad' cholesterol