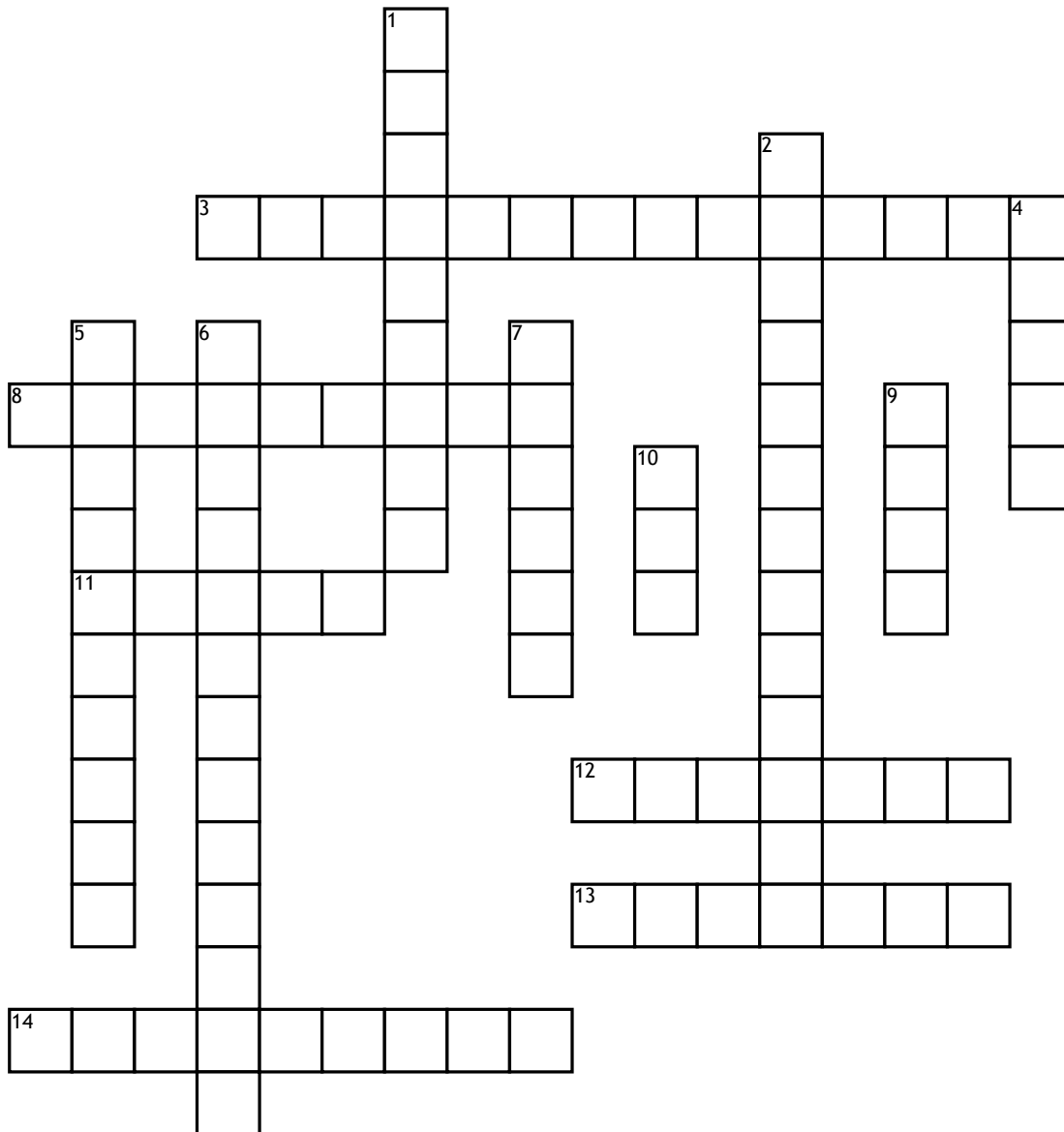


Nutrition and Supplements Revision



Across

3. Fat, carbohydrates and protein are considered what?

8. Which term means 'the process of providing or obtaining the food necessary for health and growth'?

11. Protein powder is this type of ergogenic aid.

12. Anabolic steroids are this type of ergogenic aid.

13. Eggs are a good source of which macronutrient?

14. The nutritional value of a product can be found on the what?

Down

1. Which term defines 'the process of causing something to absorb water'?

2. The various vitamins and minerals are each a type of what?

4. Food labels show the nutritional value of a product per 100g and per what?

5. Which term defines 'a thing added to something else in order to complete or enhance it'?

6. Which term defines 'Foods, devices, dietary supplements or drugs used to improve physical performance'?

7. The macronutrients provide the body with what?

9. There are how many food groups?

10. Avocado is a good source of which micronutrient?