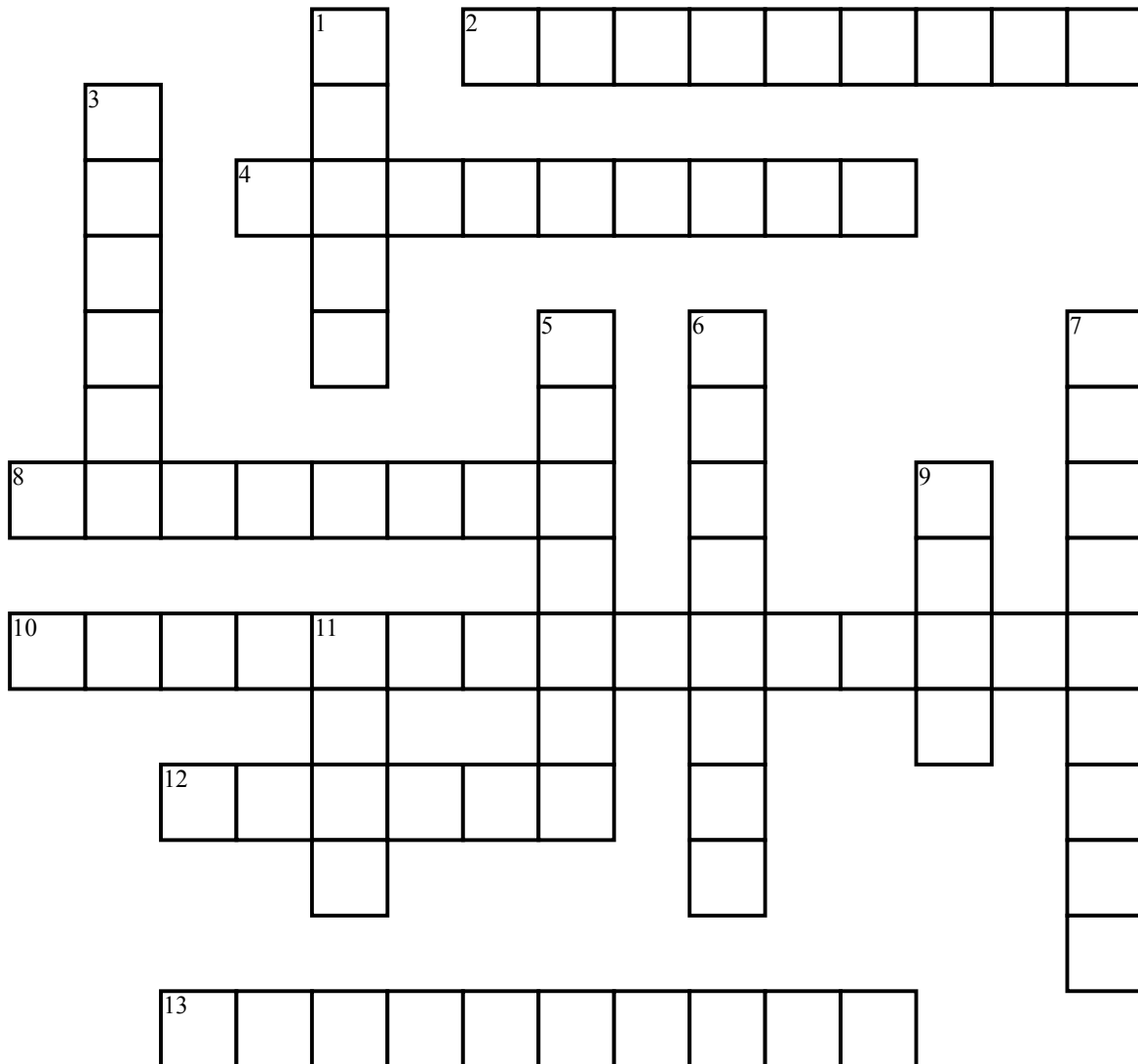


Protein



Across

2. Too much protein can be -----.

4. High protein foods move more slowly through the ----- system helping you feel full longer after you eat.

8. A sign of too little protein is a drop in muscle -----.

10. A high quality protein is also known as a -----.

12. High protein foods after a workout help to build and repair -----.

13. Proteins are made up of -----.

Down

1. You should eat protein ----- because your body cannot store it.

3. Age, gender, -----, and activity level determine how much protein is needed.

5. An ----- needs more protein than a couch potato.

6. About 10-15% of your ---- should come from proteins.

7. Incomplete protein sources lack one or more of the ----- amino acids.

9. This is low in fat and easy to digest.

11. Women usually need ----- protein than men.