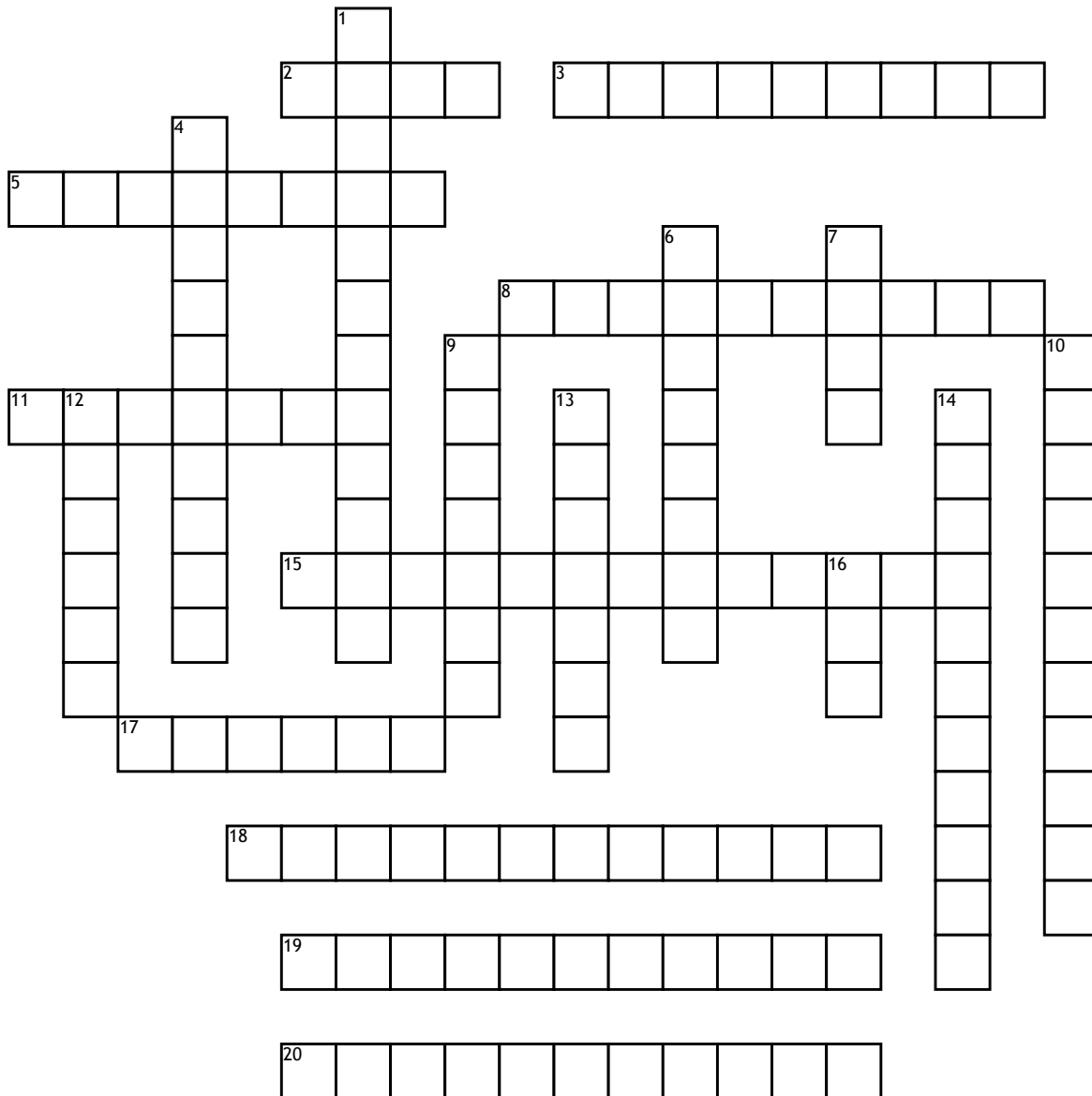


Proteins



Across

2. How many calories come from one gram of protein?

3. Amino acids that cannot be made by the body?

5. _____ are protein-based chemicals secreted by the cells of the endocrine glands.

8. The human body uses protein to build _____, a portion of a red blood cell that carries oxygen.

11. A type of protein that our hair, nails and outer skin are made of?

15. A type of food (e.g., fat, protein, carbohydrate) required in large amounts in the human diet?

17. A type of protein in wheat that can cause an allergic reaction?

18. Process in which gastric acid breaks protein down into amino acids?

19. Name for protein deficiency?

20. The build up of abnormal proteins in the heart, liver, and kidneys.

Down

1. Amino acids that can be made by the body?

4. Building blocks of protein are called?

6. Proteins that contain all nine of the essential amino acids?

7. Soy bean curd that offers a source of protein for vegetarians?

9. Protein should account for 10-35% of your daily _____ intake.

10. A dairy product that is a great source of protein?

12. What is the main function of protein within the body?

13. An excess amount of protein can cause damage to the liver and _____.

14. Protein in the urine is called _____.

16. One _____ has 6 grams of protein.