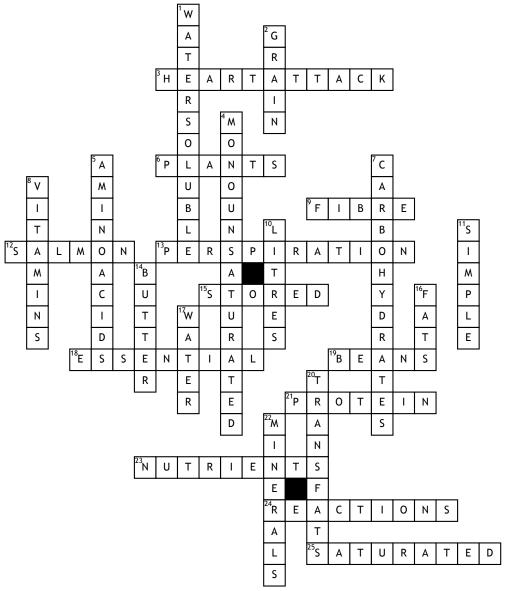
Name:	Date:
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Nutrients Review



Across

- 3. "Good" fats lower risk of
- 6. Cholesterol is not found in
- **9.** Keeps you regular, lowers cholesterol, controls blood sugar
- **12.** Good source of omega-3
- **13.** Water regulates body temperature through ____
- **15.** Fat-soluble vitamins are ____ in the body
- 18. Amino acids from food
- 19. Good source of fibre
- **21.** Builds, maintains, replaces tissue

- 23. Help us survive and grow
- **24.** Water is necessary for chemical ____
- **25.** This fat raises blood cholesterol

Down

- 1. Vitamin C and B vitamins are
- **2.** Complex carbs/starches include ____ products
- 4. The "good" fat in avocados, olives, nuts
- **5.** Digestion breaks down proteins into
- 7. Made up of sugars

- 8. A, D, E, K are fat-soluble
- 10. Drink 2-3 _____ of water each day
- **11.** White sugar is a _____ carb
- 14. A saturated fat
- **16.** Saturated, monounsaturated, polyunsaturated
- 17. "Forgotten nutrient"
- **20.** In baked goods, fried foods, processed foods
- 22. Salt, iron, copper