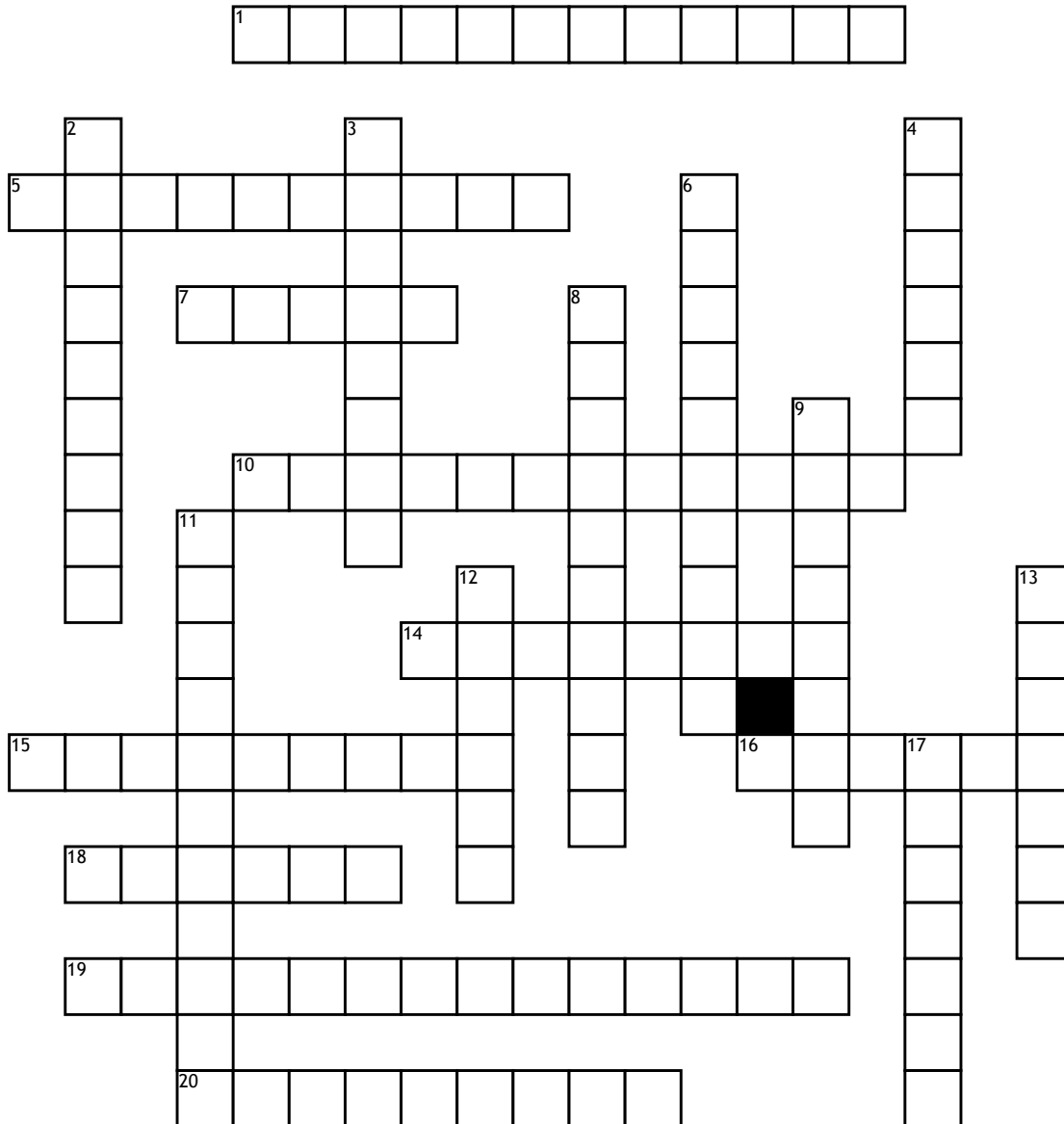


Health Risks and Food



Across

1. This causes digestive discomfort for people in ways that do not involve the immune system.

5. Iron _____ is a complex condition that is only detected until it reaches serious levels.

7. Type of people who do not have a problem with iron deficiency except in rare cases during teenage years.

10. A bone disease in which there is a bone mass reduction through a loss of calcium.

14. A component in foods mostly found in dark green and deep yellow or orange vegetables and fruit.

15. People with food _____ have an unusual sensitive immune system.

16. People with _____ disease cannot digest wheat protein.

18. Heart _____ and stroke are common forms of cardiovascular disease.

19. A disease that is the number one cause of death among Canadian adults today.

20. One of the three primary factors of heart health.

Down

2. A state where rate of bone loss increases sharply for women.

3. A factor that contributes to osteoporosis.

4. A common form of a cardiovascular disease.

6. Substance produced by the body to attack foreign substance.

8. Iron is a necessary part of _____ in red blood cells.

9. A disorder that prevents the body from producing insulin or from using the insulin that it produce.

11. A waxy substance that is produced primarily by the liver.

12. A common symptom of heart attack.

13. Environmental and lifestyle factors are estimated to cause of as many as 80% of _____ in the world.

17. It is essential in moving glucose from your bloodstream to your cells.