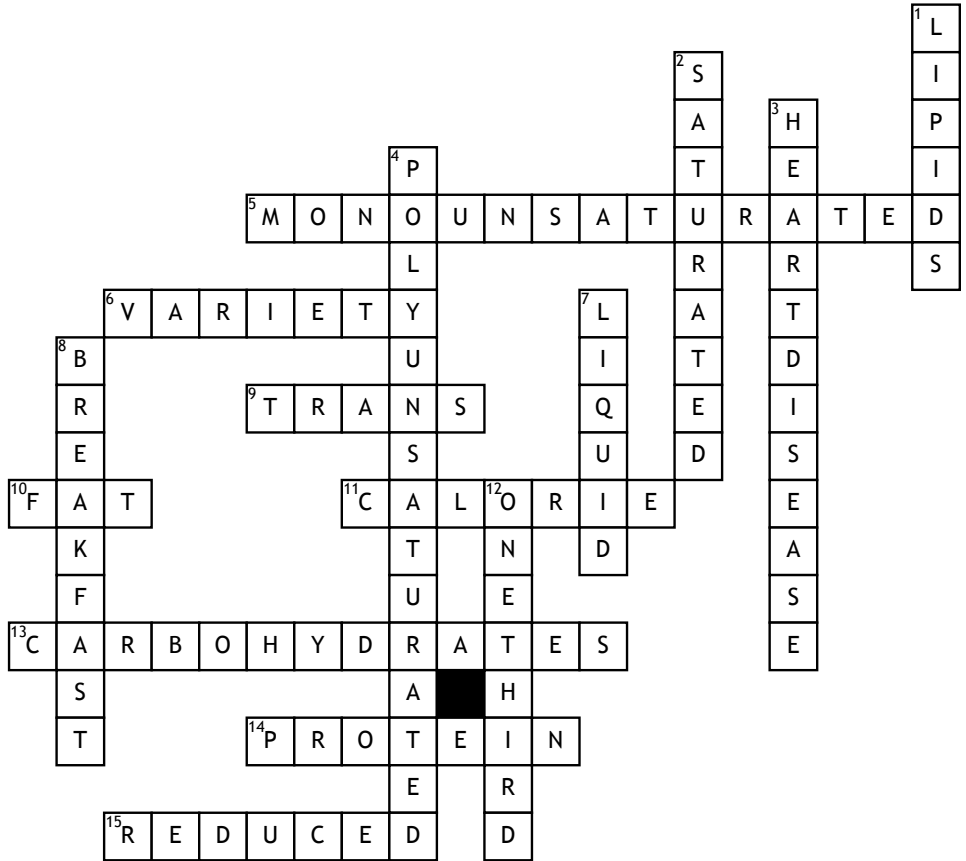


Nutrition Crossword Puzzle

Across

- 5. One type of unsaturated fat: m_____.
- 6. Try different vegetables, because our bodies like _____.
- 9. One of the most harmful fats: t_____.
- 10. The body uses _____ as fuel.
- 11. What is a unit of energy that measures how much energy food provides to the body?
- 13. These are great sources of energy in fruits and vegetables.
- 14. Sources of this can be added to fruit and vegetable snacks to make them even more nutritious and delicious
- 15. Light (lite) and _____-fat foods may still be high in fat.



Down

- 1. _____ are nutrients in food that the body uses to build cell membranes, nerve tissue (like the brain), and hormones.
- 2. One of the most harmful fats: s_____.
- 3. Trans and saturated fats can cause what?
- 4. One type of unsaturated fat: p_____.

- 7. Unsaturated fats are _____ at room temperature.
- 8. To include more fruits and veggies in your diet, when would be the ideal meal to eat them during to encourage such a habit?
- 12. What is the requirement for a food to be labeled light (lite)? Have 50% less fat or _____ fewer calories per serving

