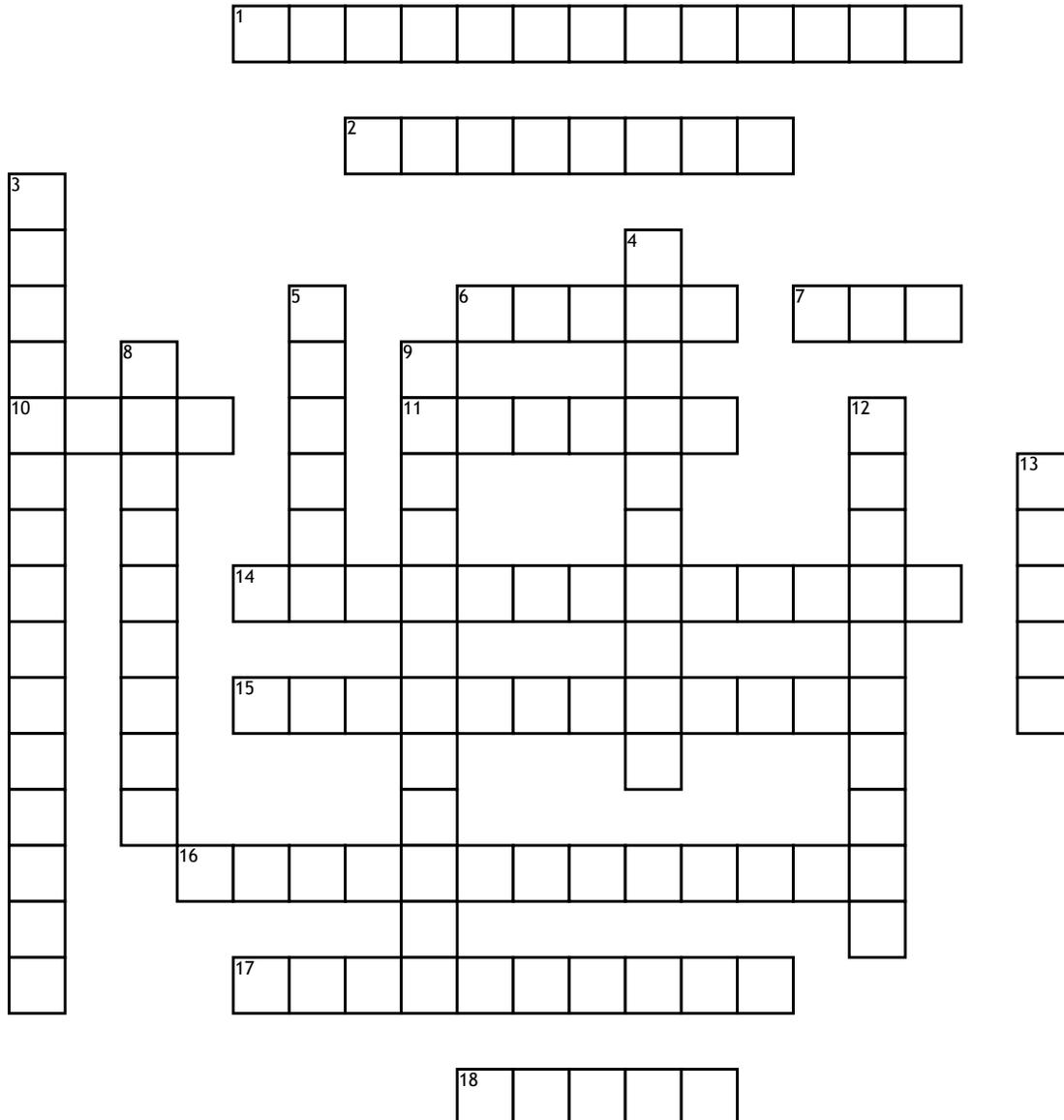


7th Grade Ch.15.1 Nutrients & Ch. 16.2 Dietary Guidelines



Across

- 1. Dietary Guidelines recommend _____ sodium intake and _____ potassium such as vine fruits.
- 2. We need _____ in order for our bodies to absorb calcium.
- 6. The nutrient _____ regulates body temperature, moistens nasal passages and carries waste from the body.
- 7. Excessive body _____ increase the risk of type 2 diabetes, heart disease, and respiratory problems.
- 10. A lack of _____ can cause a condition called anemia.
- 11. _____ causes exhaustion and weakness.
- 14. Potassium helps counteract, or neutralize, sodium's effect on _____.

- 15. The portion size for the amount of meat, poultry or fish we consume should be the size of a deck of _____.
- 16. _____ can improve the flavor of products and increase a product's shelf life.
- 17. The American Heart Association bases its findings on _____ research.
- 18. Unhealthy fats are _____ at room temperature, such as saturated fats.

Down

- 3. A food with high _____ contains a lot of nutrients in relation to the number of calories.
- 4. Nutritional _____ can cause fatigue, difficulty concentrating, and frequent colds.
- 5. Complete proteins can be found in foods from _____ sources.

- 8. _____ works with sodium to help maintain fluid balance in body.
- 9. _____ provide the body with most of its energy.
- 12. Limiting foods high in saturated fats, trans fat, and cholesterol will reduce the risk of _____.
- 13. Some nutrients _____ work unless another nutrient is present.