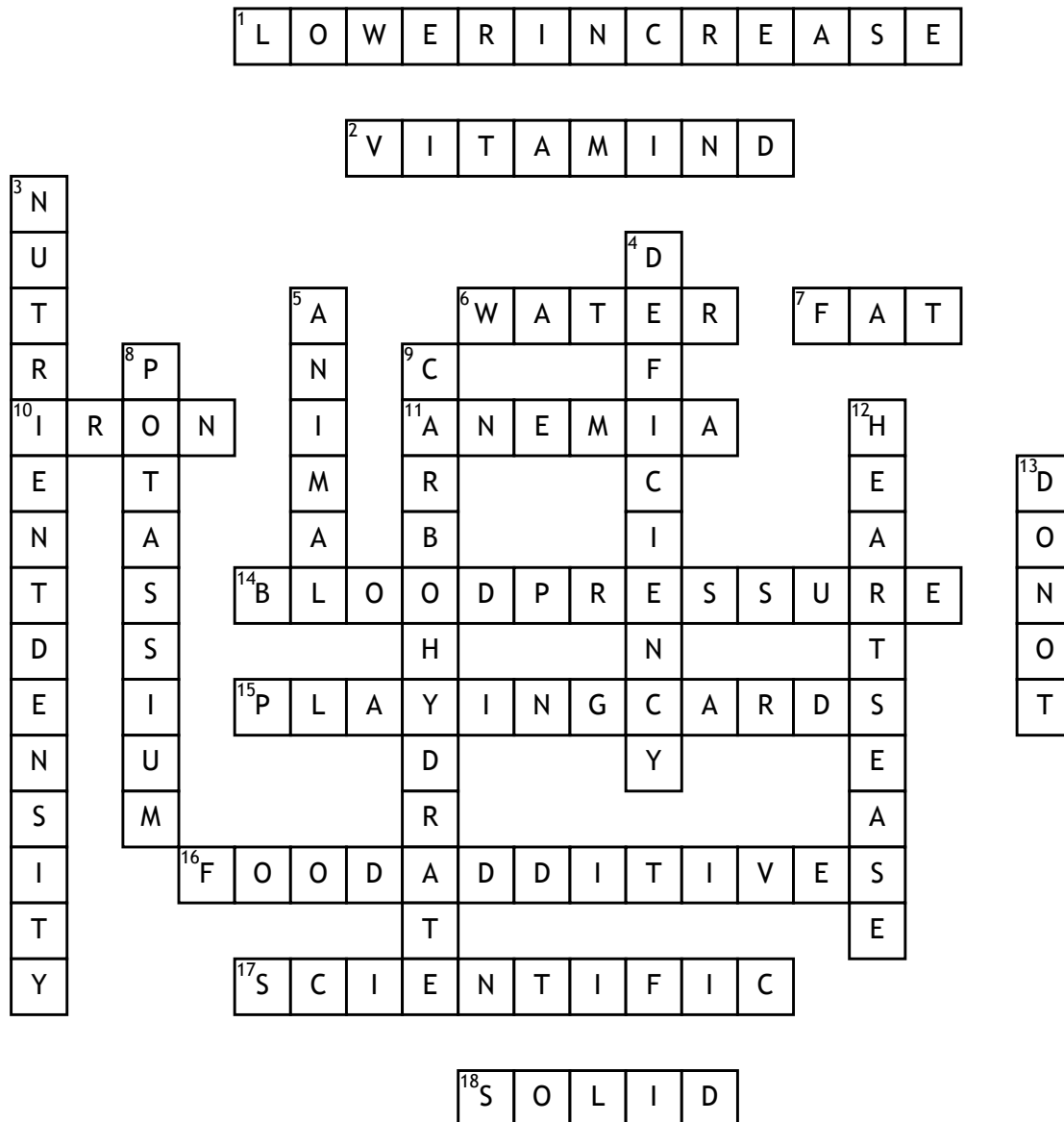


## 7th Grade Ch.15.1 Nutrients & Ch. 16.2 Dietary Guidelines



### 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.