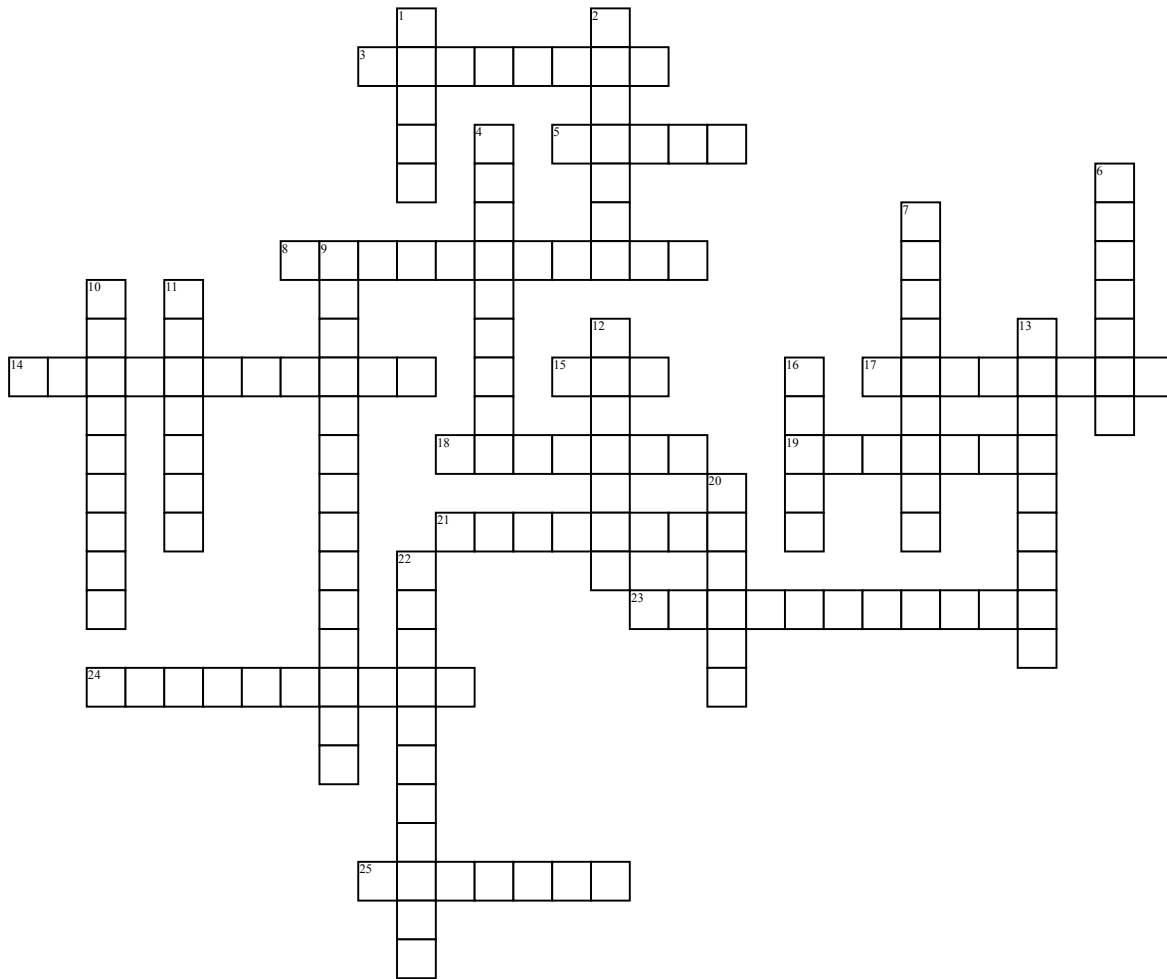


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrition Vocab



## Across

3. nutrition that helps the body use carbs, proteins, and fats  
 5. to rid the body of food by vomiting or by taking laxatives and diuretics  
 8. the parts that make up a particular food  
 14. a fat-like substance made by the body and found in certain foods  
 15. nutrient that provides energy, and helps the body store and use vitamins  
 17. a disease in which the body produces little or no insulin  
 18. simple sugar that is the body's main energy source  
 19. an eating disorder in which a person binges and purges  
 21. a substance in foods that helps with body functions

23. the listing of the amount of food that is considered a serving  
 24. building blocks that make up protein  
 25. nutrient that is needed for growth, and to help build and repair body tissue

## Down

1. to eat a large amount of food in a short amount of time  
 2. a hormone that regulates the blood sugar level  
 4. a panel of nutrition information required on all processed foods regulated by the FDA  
 6. a quick weight-loss strategy that is popular for a short time  
 7. the sum of the processes by which humans, animals, and plants consume and use food

9. title of information panel that is required on most foods  
 10. a category of foods that contain similar nutrition  
 11. a body weight that is 20 percent or more than desirable body weight  
 12. a unit of energy produced by food  
 13. diet that excludes food of animal origin  
 16. the part of grains and plants that cannot be digested  
 20. a food substance that is made and stored in most plants  
 22. an abnormal response to food that is triggered by the immune system