Nutrients for Wellness

Across
2. Nutrients your body uses to build, repair and maintain cells and tissues; made up of amino acids
3. Has two types, simple and complex and is the body's main energy source
6. Needed for healthy teeth, gums, and bones; helps heal wounds and fight infection
8. A fatty substance found in the blood, there are two types - LDL and HDL
12. Elements that help form healthy bones and teeth, and regulate certain body processes
17. Helps blood clot
18. Needed to build and maintain strong bones and teeth
20. Sugar molecules that join together to form long chains; also called starches.
21. Fats that remain liquid at room temperature, and come mainly from plant foods such as olive oil, nuts and avocados.
22. Needed for a healthy nervous system; help in energy production
24. Substances that help your body fight infections and use other nutrients, among other jobs
25. Fats that are solid at room temperature (things like butter, cheese and fatty meats); eating too much of these can increase your risk of heart disease.

Down
1. Promotes healthy skin and normal vision
4. Promotes strong bones and teeth; prevents tooth decay
5. Made of sugar molecules, and remain separate; they include fruits, many vegetables, milk, and milk products.
7. Needed for hemoglobin in red blood cells
9. This type of Cholesterol helps remove LDL from the arteries so it can be disposed of in the liver.
10. Promotes strong bones and teeth and the absorption of calcium
11. Helps regulate fluid balance in tissues; promotes proper nerve function
13. Bad cholesterol which collects on the walls of arteries and forms a thick, hard substance called plaque.
14. The parts of fruit, vegetables, grains and beans that your body cannot digest; and passes through the digestive system.
15. Helps heal wounds; needed for cell reproduction
16. Can cause problems like fatigue, confusion and inability to focus.
19. These promote healthy skin, normal cell growth and they carry vitamins A, D, E and K to wherever they are needed in your body.
23. Helps you digest and absorb food, it regulates body temperature and blood circulation, and it carries nutrients and oxygen to cells; also removes toxins and other wastes, cushions joints, and protects tissues and organs from shock and damage.