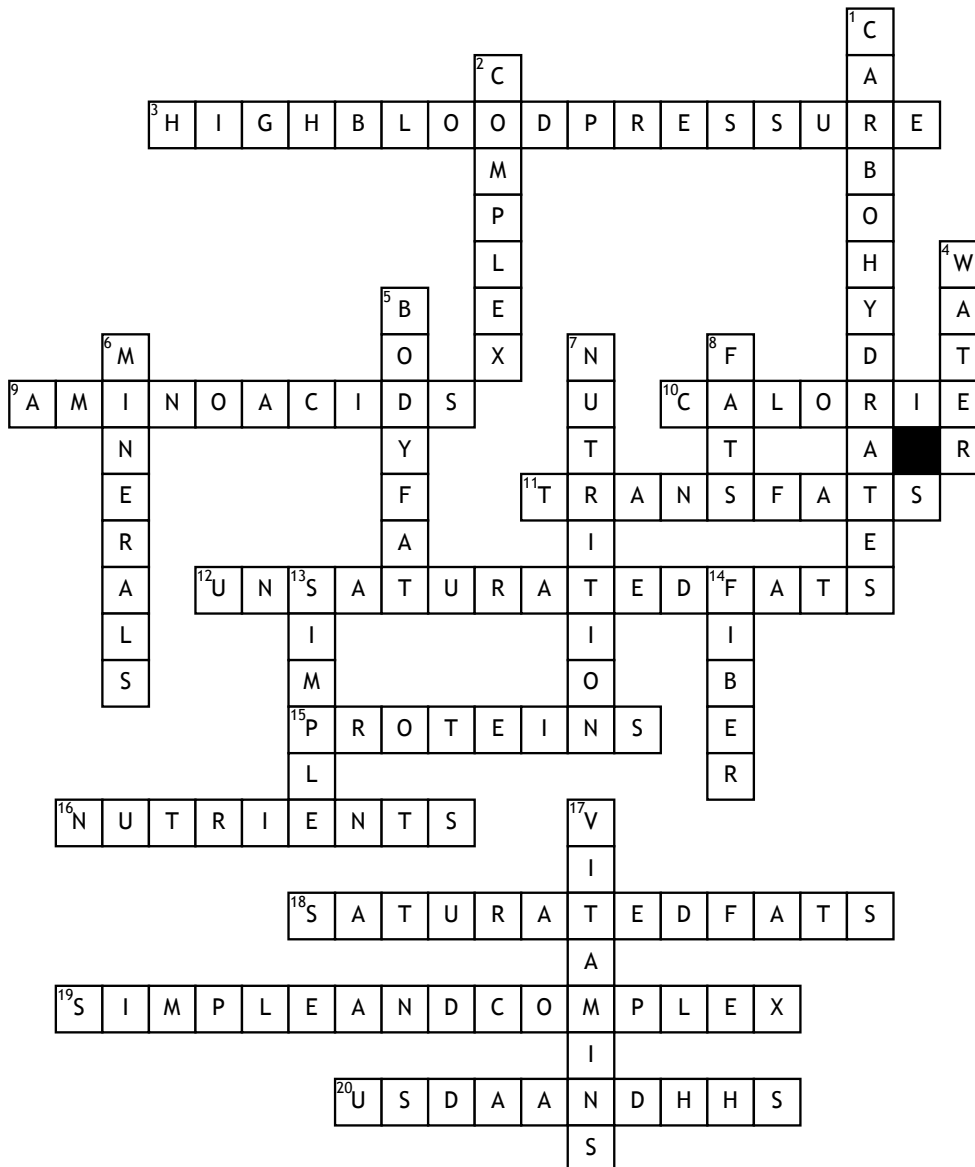


Nutrients Your Body Needs



Across

3. Too much sodium can increase the risk of

9. Small units that make up protein

10. A unit of heat that measures energy available in food

11. Fats that start off as liquid oils and are made solid through processing. Margarine is an example.

12. Fats that can actually lower the risk of heart disease that come mainly from plant foods, such as olive oil, nuts and avocados

15. The nutrients used to build and repair cells

16. Substances in food that your body needs to function

18. Foods like butter, cheese and many meats are high in

19. Two kinds of carbohydrates

20. Have developed recommendations for ways to eat right

Down

1. The starches and sugars found in foods, especially in plant foods

2. Carbohydrates found in foods such as potatoes, seeds and whole grains

4. Is essential to every body function and can only live a week without

5. Calories from sugars that are not used by the body for energy are stored up as

6. Elements in foods that help your body work properly

7. The study of nutrients and how the body uses them

8. Nutrients that promote normal growth, give you energy and keep your skin healthy

13. Carbohydrates that are sugar

14. Tough stringy part of raw fruits, raw vegetables, whole wheat and other grains

17. Compounds that help to regulate body functions