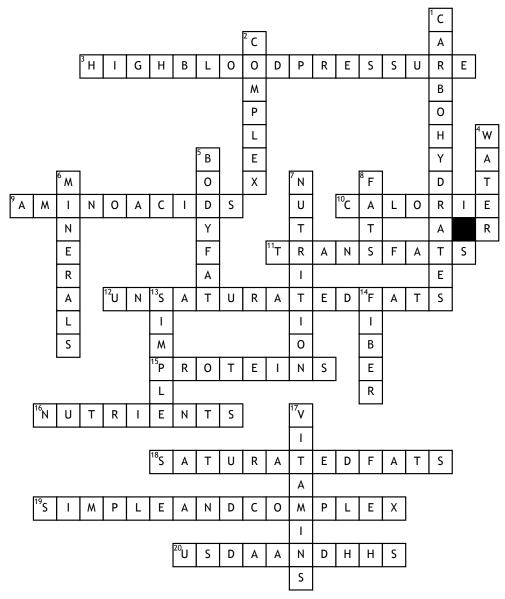
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## **Nutrients Your Body Needs**



## **Across**

- **3.** Too much sodium can increase the risk of
- **9.** Small units that make up proten
- **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

## <u>Down</u>

- 1. The starches and sugars found in foods, especially in plant foods
- **2.** Carbohydrates founds 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