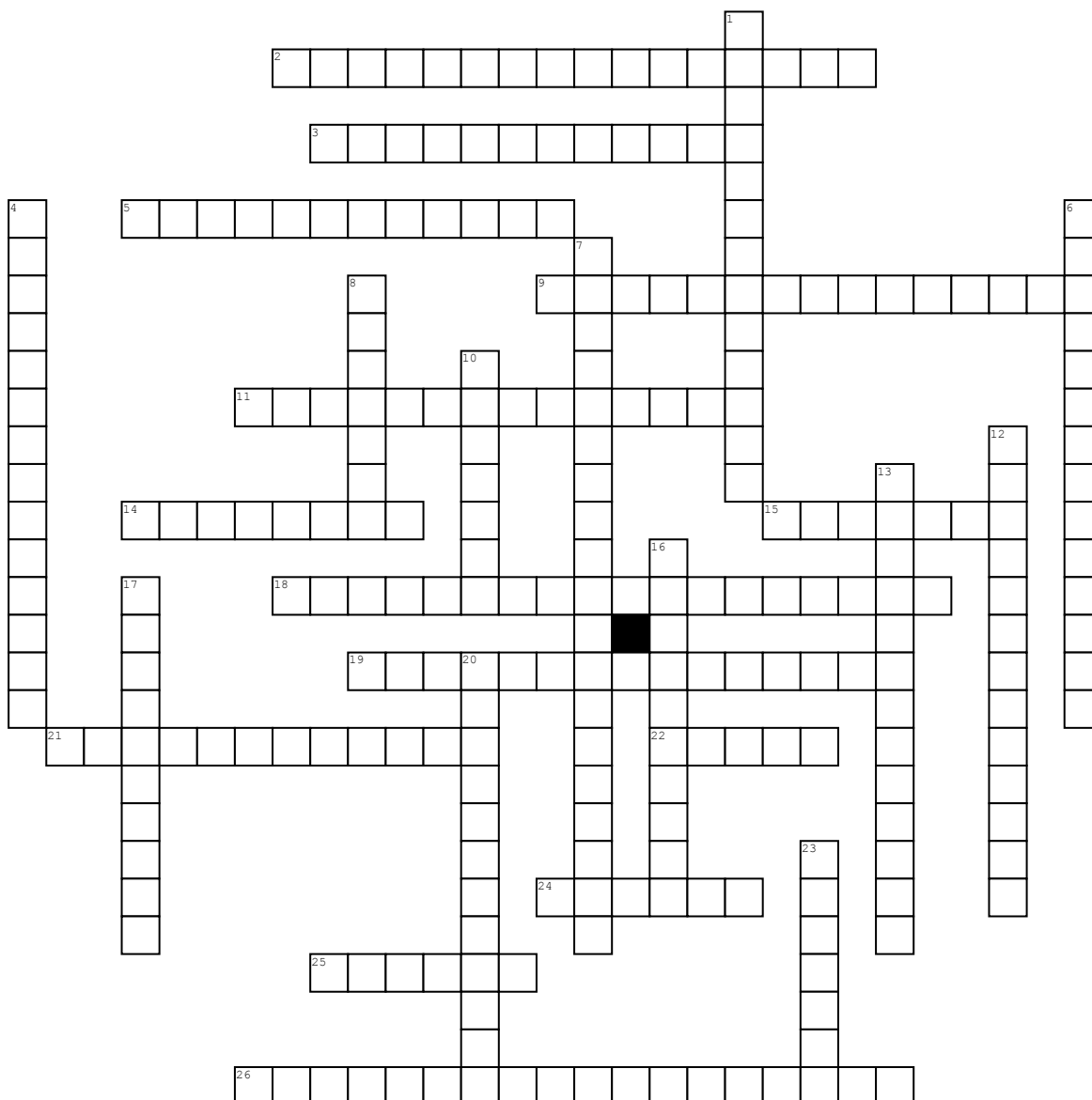


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Chapter 5 Carbohydrates: The Preferred Body Fuel vocabulary



Across

2. A lack of or an inability to use the hormone insulin, which results in a buildup of glucose in the bloodstream.
 3. A low blood glucose level.
 5. A carbohydrate sweetener that is separated from its natural source for use as a food additive.
 9. carbohydrates that are made up of many sugar units.
 11. when food ingredients, such as fiber, are added to provide health benefits beyond basic nutrition the foods are called this.
 14. The body's storage form of glucose (also known as animal starch).
 15. The feeling of fullness a person has after eating food.
 18. A monosaccharide or disaccharide.
 19. are isolated, nondigestible carbohydrates that have beneficial effects in human health.
 21. An indigestible carbohydrate from plants that dissolves in water.

22. Indigestible polysaccharides that make up the tough, fibrous cell walls of plants.
 24. polysaccharide that is the storage form of energy in plants.
 25. a collective term used to prefer to all the monosaccharides & disaccharides
 26. An inability to digest lactose, the main carbohydrate in milk, due to a lack of the digestive enzyme lactase.

Down

1. made up of to sugar units
 4. a carbohydrate made up pf single sugar units.
 6. An indigestible carbohydrate from plants that does not dissolve in water.
 7. A polysaccharide, starch and fiber are complex carbohydrates.
 8. it is the body's source of energy.
 10. A chemical produced in the body and released into the bloodstream to regulate specific body processes.

12. is a measure of the speed at which various carbohydrates are digested into glucose, absorbed, and enter the bloodstream.
 13. are the nondigestible carbohydrates and lignins that make up the tough, fibrous cell walls of plants.
 16. is the sum of dietary and functional fibers.
 17. A concentrated source of a nutrient, usually in pill, liquid, or powder form.
 20. the body's main source of energy.
 23. A hormone secreted by the pancreas to regulate blood glucose level.