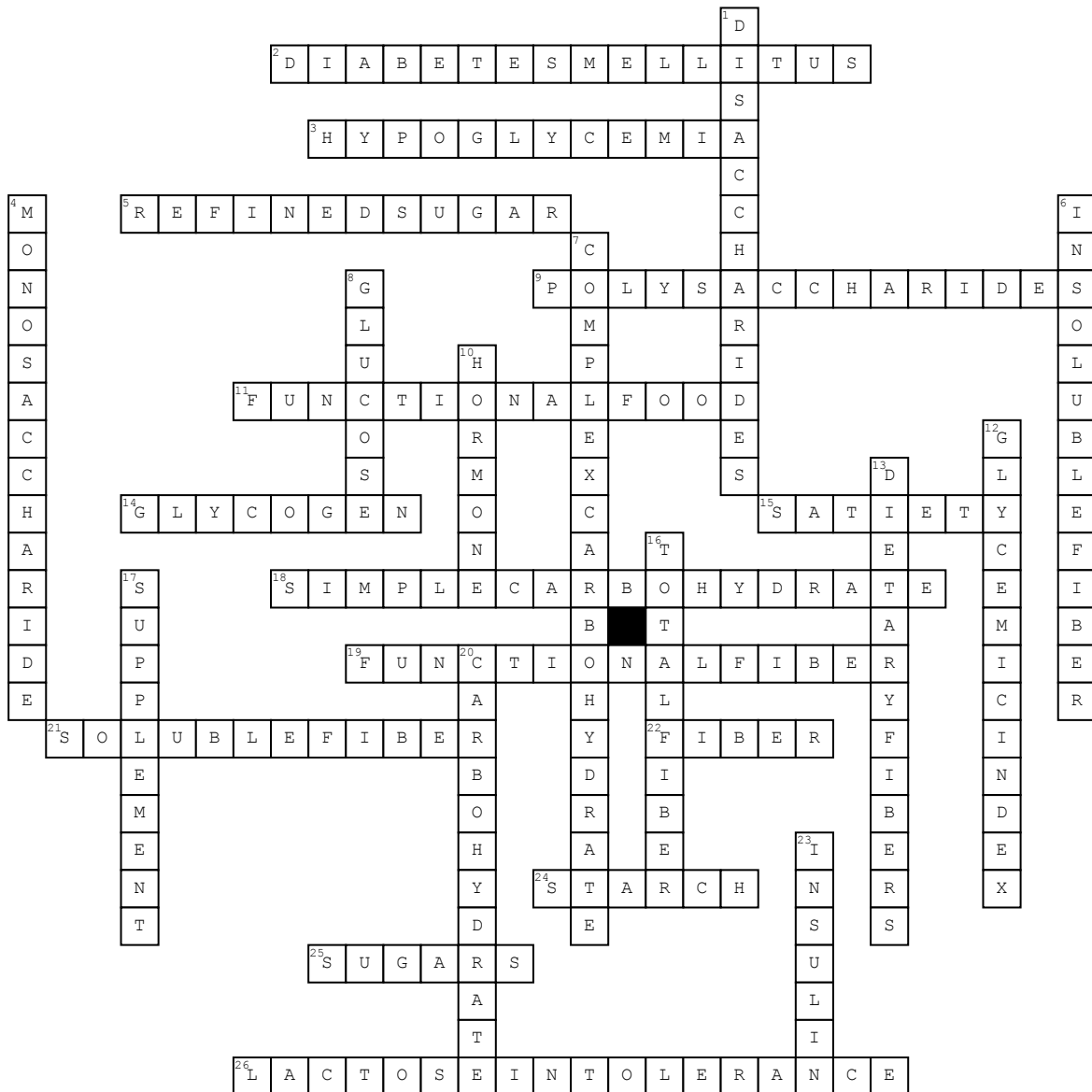


## Chapter 5 Carbohydrates: The Preferred Body Fuel vocabulary



**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 refer 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 of 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.