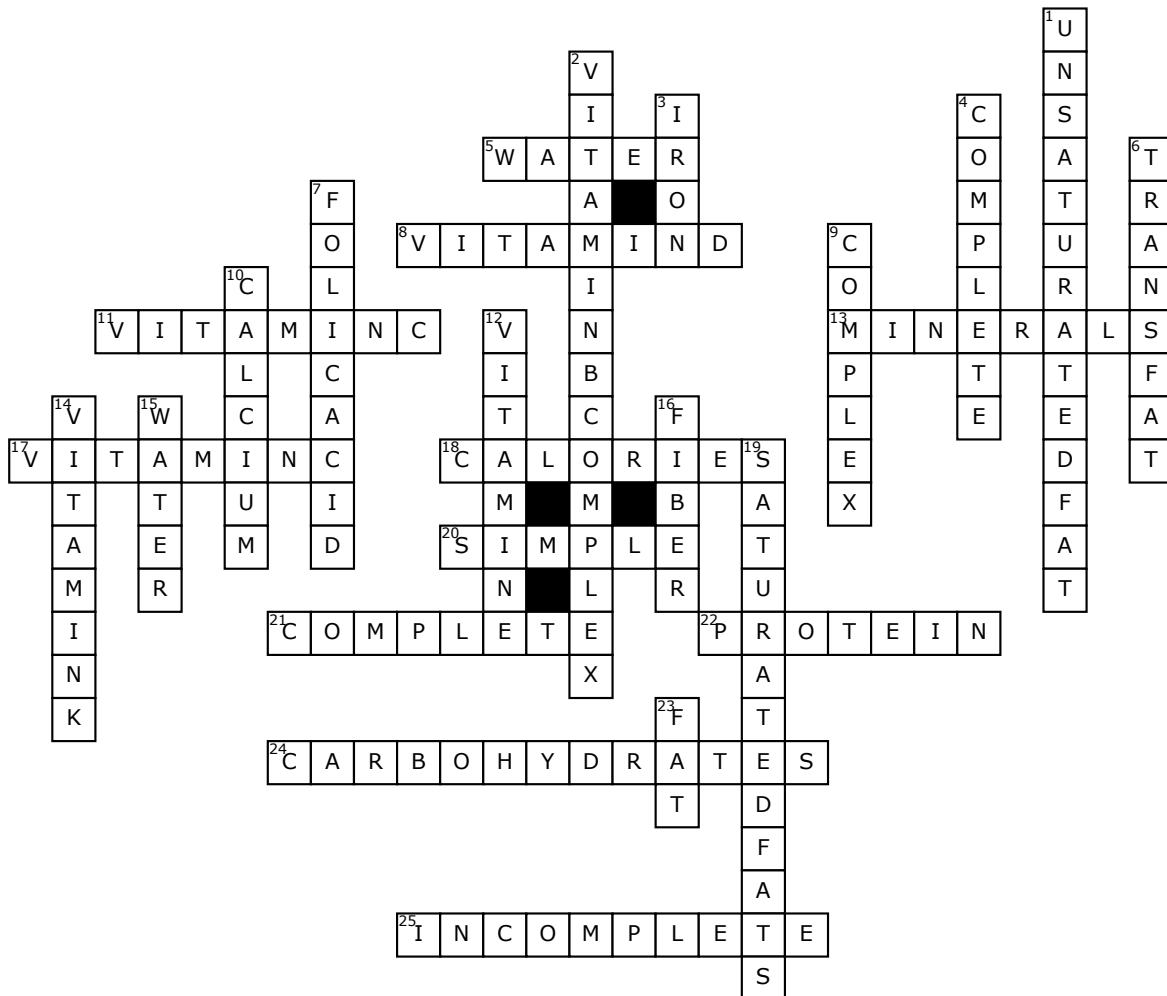


Name: _____ Date: _____ Period: _____

Six Main Nutrients!!



Across

- 5.** Our body's are made of 70% of this nutrient.
8. This vitamin is in not many foods, but you can get it from the sun.
11. You can get this vitamin in high amounts from oranges.
13. These are components of foods, that are needed for your body to function.
17. You get this vitamin mainly from citrus fruits, but also other fruits, and some vegetables.
18. You need an average of 2000 of these in a day.
20. This type of carbohydrate is found in milk, and fruits.
21. This protein comes from animal sources.

- 22.** A main nutrient you get from eating meat, nuts, legumes, and turns into amino acids.

- 24.** This nutrient is divided into two categories. Simple and Complex.

- 25.** This type of protein is plant based.

Down

- 1.** You get this fat from plant sources.
2. This vitamin helps turn food into "fuel".
3. Helps carry oxygen in the blood.
4. Mixing peanut butter with whole grains will make this type of protein.
6. This fat is very unhealthy, and can be found in processed foods.
7. Helps maintain and create new blood cells.

- 9.** This carbohydrate is found in beans, and whole grains.

- 10.** This can is found in dairy products, and is important for bone structure.

- 12.** This vitamin can help your skin.

- 14.** This vitamin slows blood clotting.

- 15.** You need at least 8 cups of this in a single day.

- 16.** This isn't a nutrient, but is important for bowel movements.

- 19.** You get this fat from animal sources.

- 23.** This nutrient can come as saturated or unsaturated.