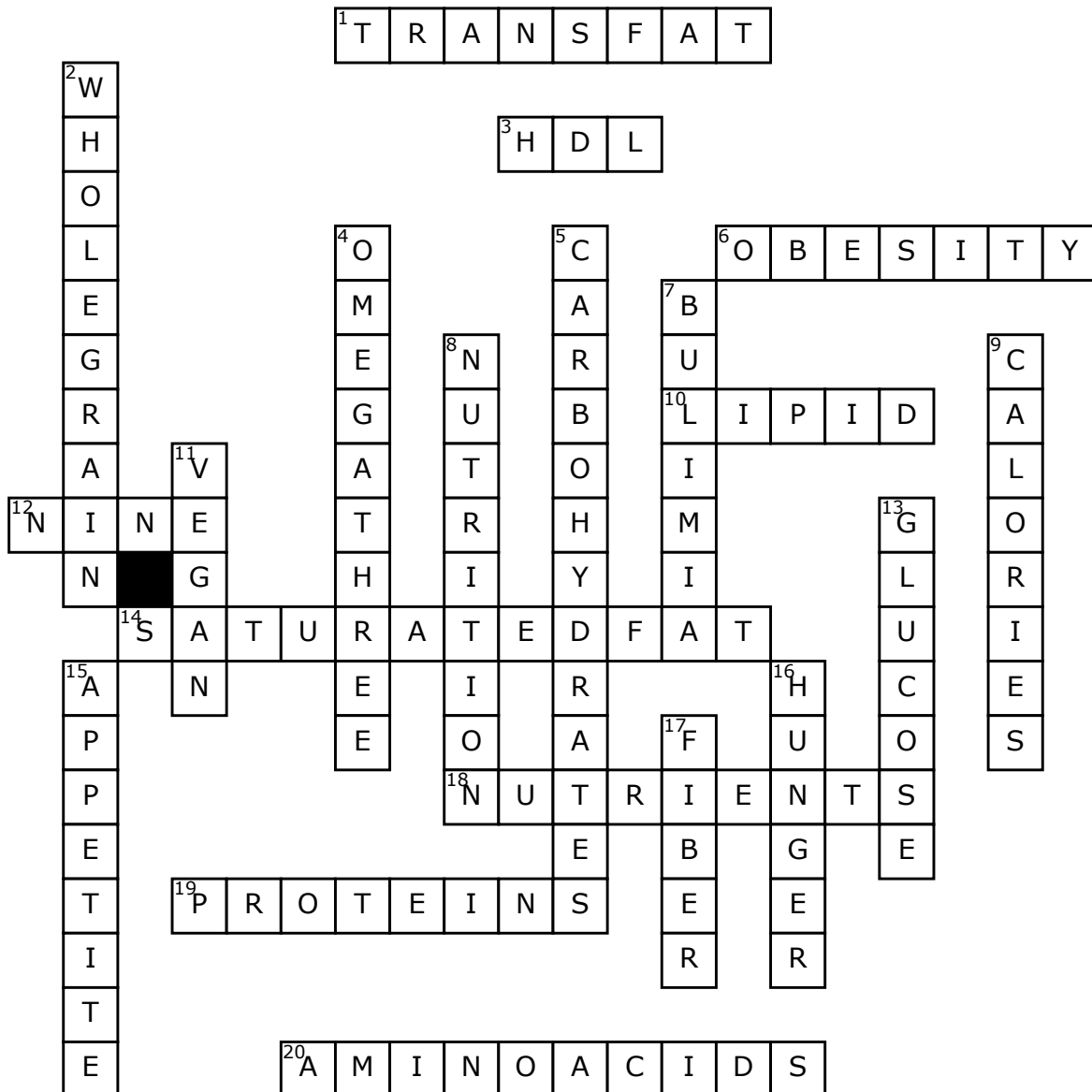


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Nutrition



## Across

1. the result of the hydrogenation process of a lipid
3. the type of cholesterol that helps to clear clogged arteries
6. the condition of being extremely overweight
10. another name for fat; a fatty substance that doesn't dissolve in water
12. the number of essential amino acids that we need from food
14. a type of fat that is solid at room temperature and associated with an increased risk of heart disease

18. substances that your body needs to grow, to supply you with energy, and to repair itself

19. nutrients that help build and maintain body cells and tissues

20. the building blocks of protein

## Down

2. products that have not been refined and are high in fiber
4. a type of fat that has been associated with a reduced risk of cancer
5. the starches and sugars present in foods
7. an eating disorder in which a large quantity of food is consumed in a short period of time, often followed by feelings of guilt or shame.

8. the process by which the body takes in and uses food

9. units of heat that measure the energy used by the body and the energy that foods supply to the body

11. someone who eats nothing animal-related

13. a simple carbohydrate; also known as our blood sugar

15. a desire, rather than a need, to eat

16. a natural physical drive that protects you from starvation

17. an indigestible complex carbohydrate