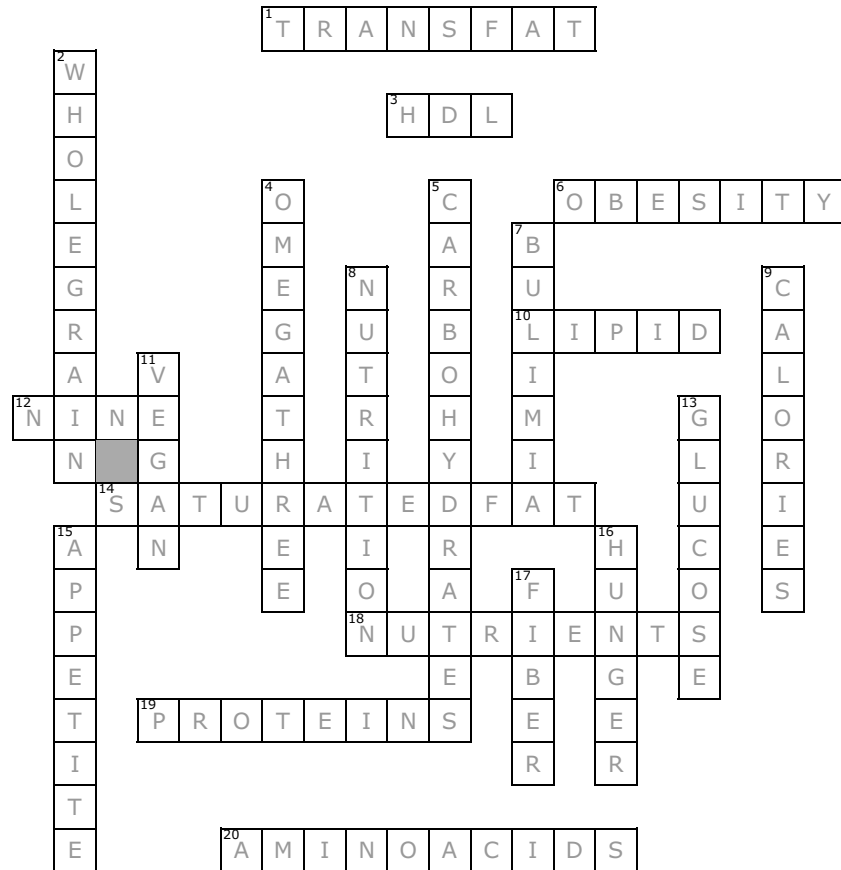


Nutrition



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