

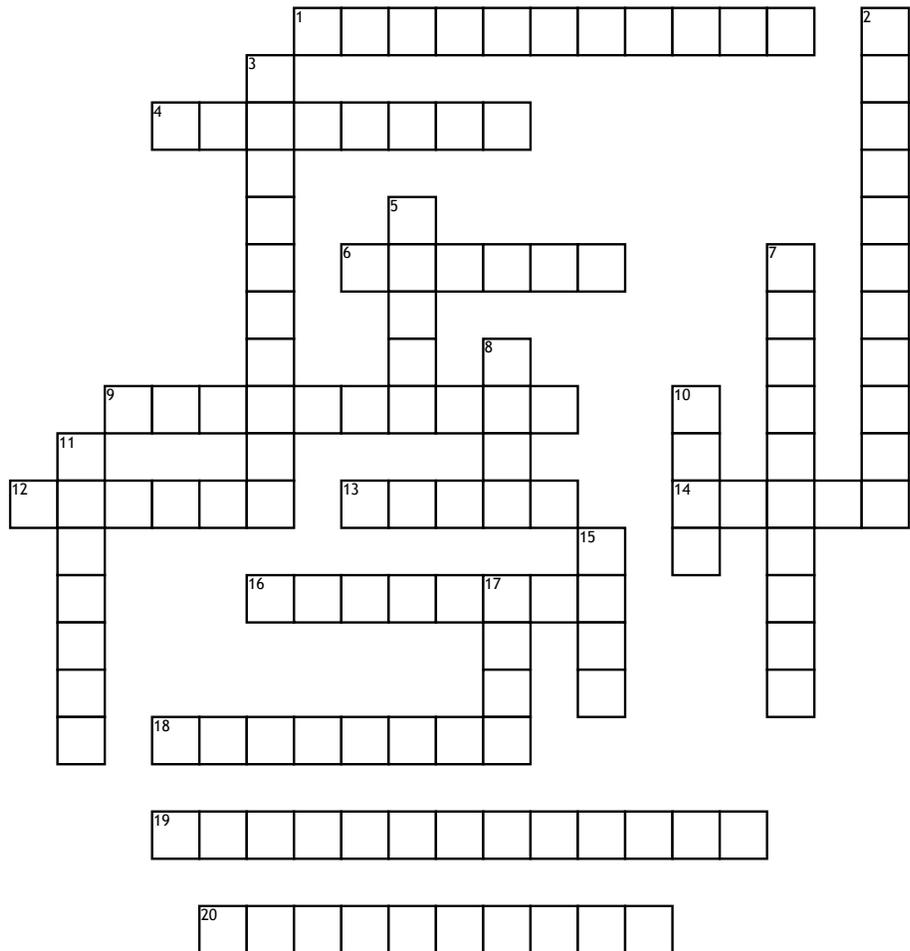
Food and Nutrition Crossword Puzzle

Across

1. Where we get most of our water
 4. Worst kind of fat
 6. A yellow spread that contains trans fat
 9. Best kind of bread to eat
 12. The amount of amino acids a person needs to consume
 13. How many glasses of water should a person drink daily?
 14. Another word for fat
 16. A kind of protein that contains all of the essential amino acids
 18. Something men need more than women
 19. Where most of our energy comes from
 20. A red fruit that is not a good source of carbs

Down

2. Best kind of fat that can be found in avocado
 3. This fruit is made up of 92% water
 5. A substance usually used as a sweetener in food



7. A kind of protein that is lacking in all the amino acids
 8. A seafood that is high in protein
 10. We get this from COWS
 11. Type of sugar
 15. Comes from animals and contains saturated fat
 17. A food that comes in a shell and is high in protein

