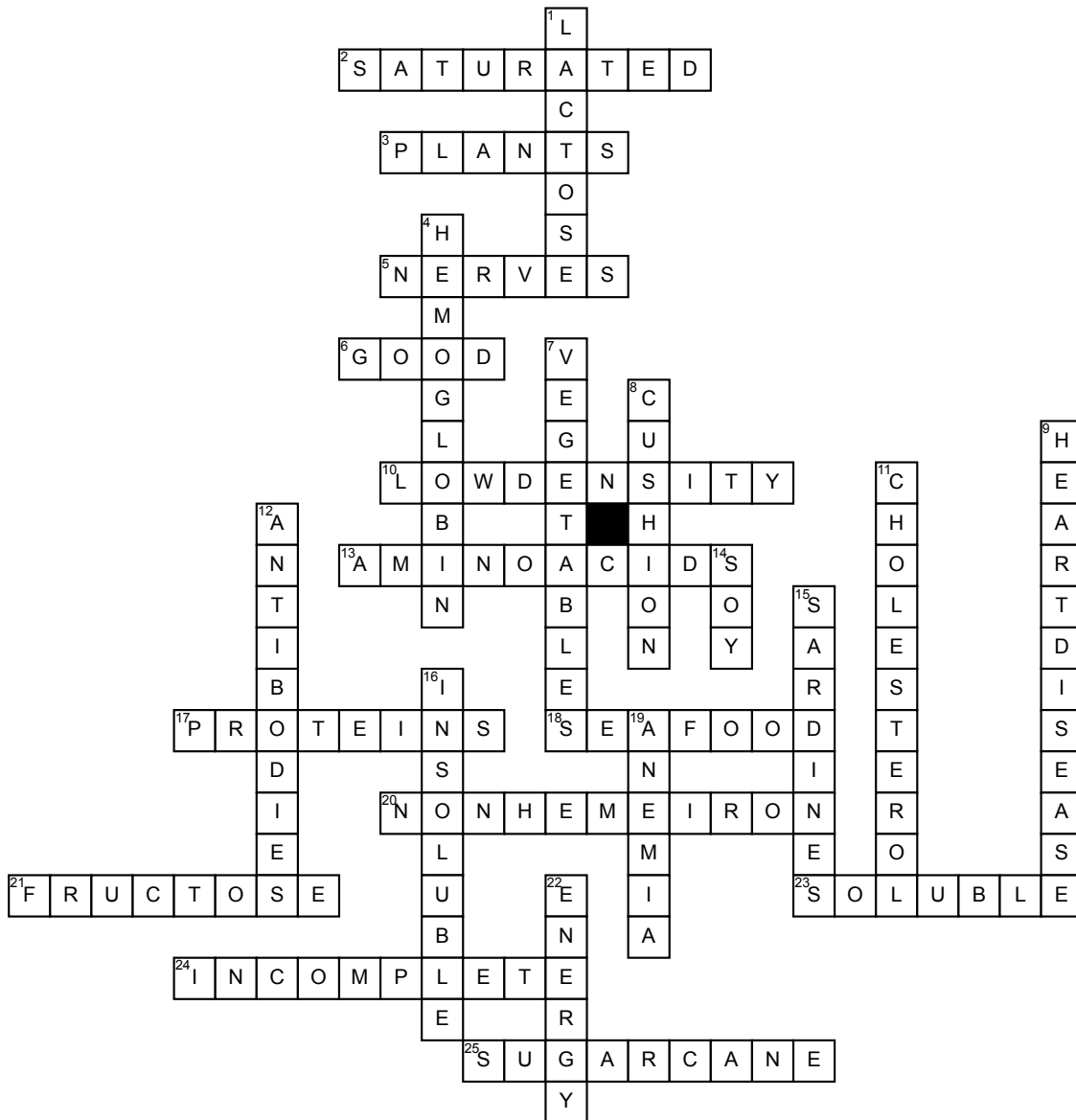


Name: _____

Nutrient Crossword Puzzle



Across

- 2. This is one type of bad fat
- 3. Main source of carbohydrates is _____
- 5. Fat helps form coverings around this
- 6. Complex carbohydrates are _____ for your health
- 10. This is one type of lipoprotein
- 13. These are chemical building blocks that make proteins
- 17. Part of a system in your body
- 18. One of the animal sources of protein are
- 20. This type of iron is found in plant sources

- 21. Sugars found in fruits are called _____
 - 23. This type of fiber reduces levels of cholesterol in the blood
 - 24. This is one of the 2 types of proteins
 - 25. Sucrose come mainly from sugar beets or _____
- Down**
- 1. Sugars found in milk are called _____
 - 4. Iron builds this substance that carries oxygen in your blood
 - 7. Starches can be found in this
 - 8. Fat acts as a _____

- 9. By eating too much fat, you can get this
- 11. This is not a fat
- 12. Proteins are used to make _____
- 14. One iron absorption inhibitor
- 15. A food containing heme iron
- 16. This fiber absorbs water like a rake
- 19. The lack of iron in your diet can cause this
- 22. Fiber does NOT provide the body with this