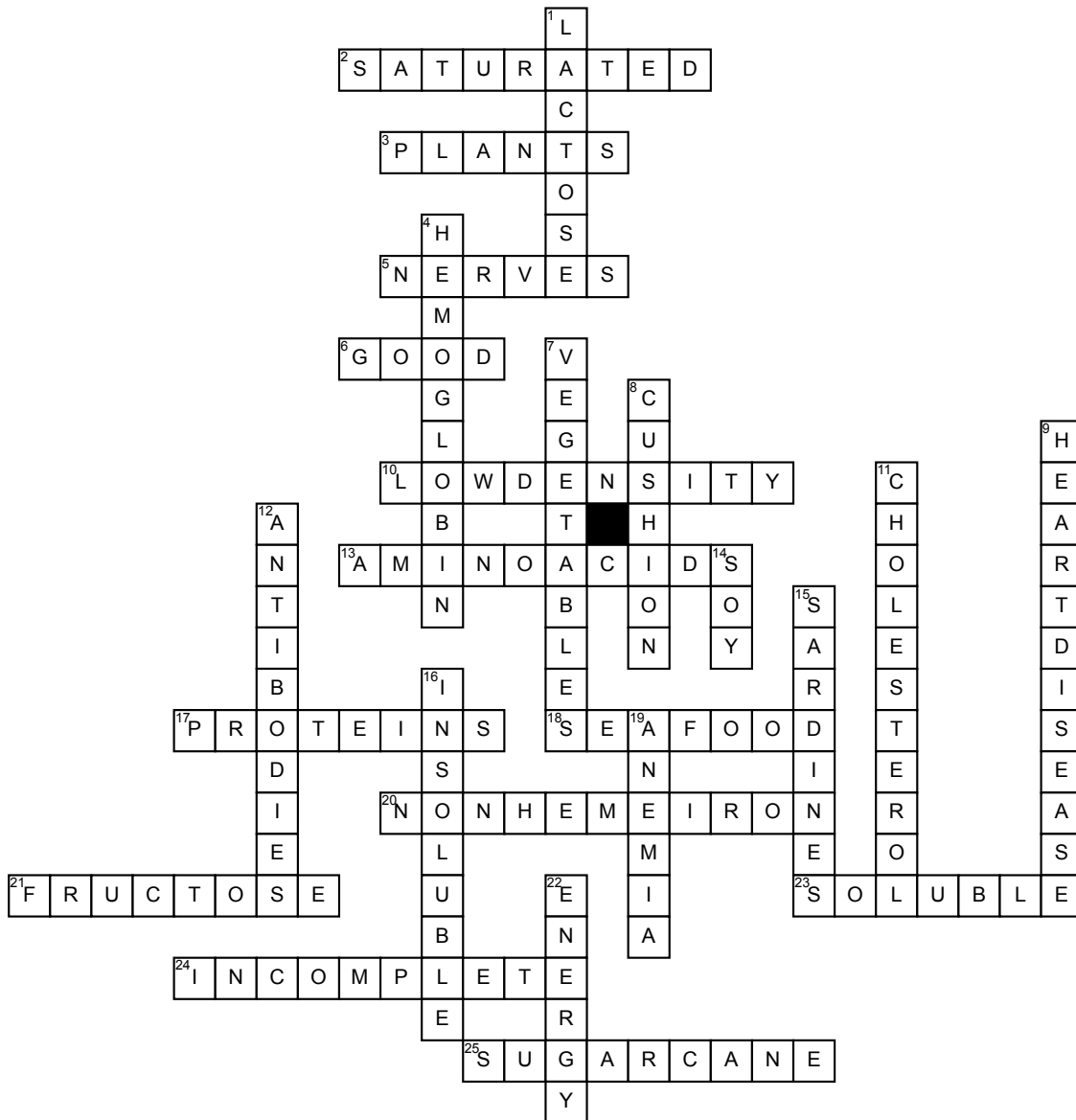


Name: _____

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