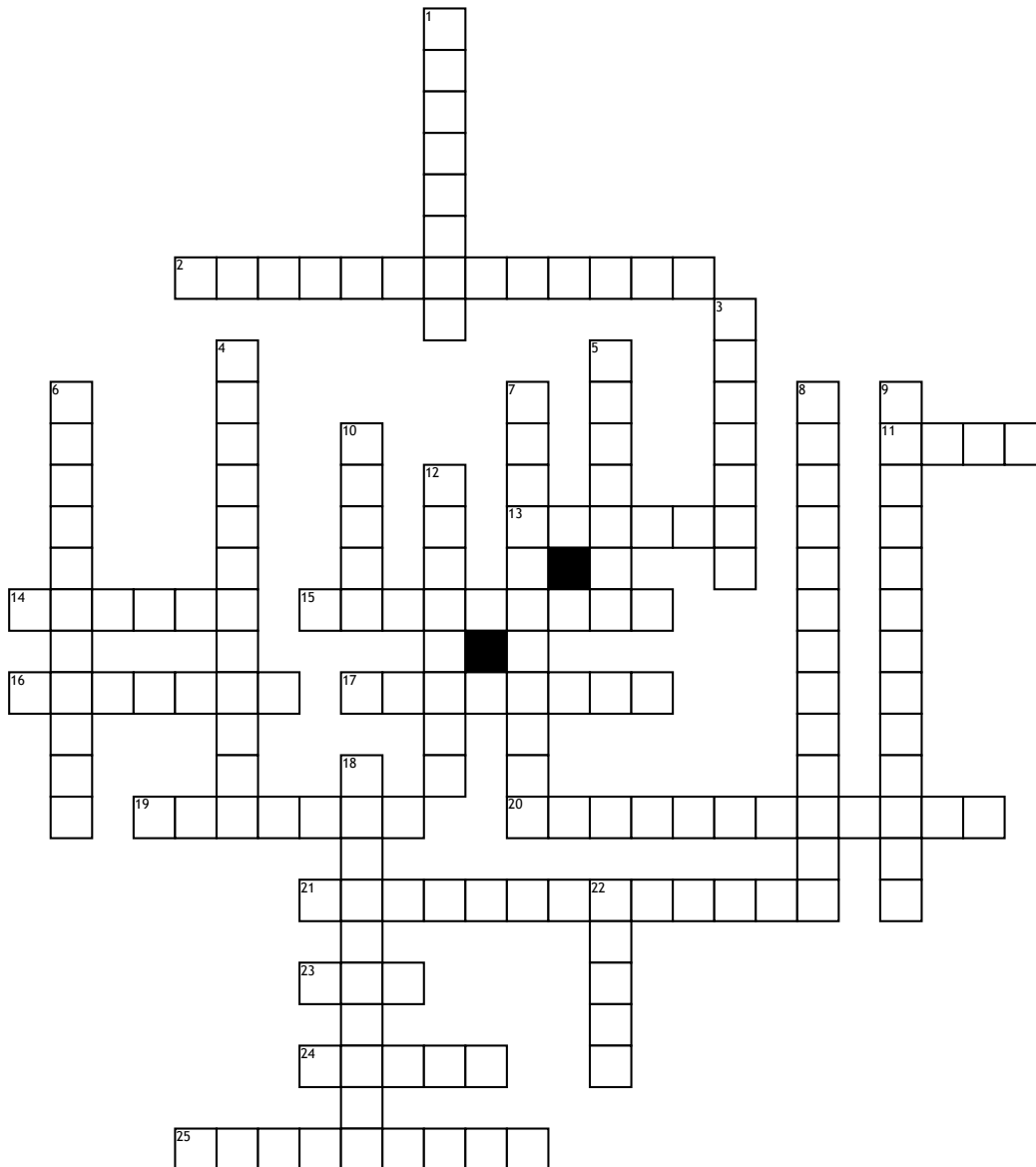


Name: _____

Date: _____

nutrition basics



Across

2. insoluble fiber promotes
 11. lactose is sugars found in
 13. read this to know the amount of and type of fat you get in a serving
 14. simple carbohydrates are also called
 15. avoid foods that are
 16. sugars that are found mainly in grains
 17. about 1/5 of your body's total weight is made up of
 19. what kind of carbohydrates should we eat more

20. cholesterol circulates in the bloodstream in chemical groupings called
 21. other sugars are called
 23. provides heat and energy for the body
 24. what is the source of non-heme iron
 25. these are the "bad" fats

Down

1. iron found in animal sources
 3. found mainly in sugar cane
 4. proteins also help in fighting diseases because they are part of the

5. this type of fiber would dissolve in water
 6. these are considered the "good" fats
 7. is not a fat
 8. main source of energy
 9. eating foods high in refined sugars is referred to as eating
 10. a carbohydrate that does not provide the body with energy
 12. sugars that occur mainly in fruits
 18. starches can be found in some
 22. at room temperature, fats from animal sources are usually