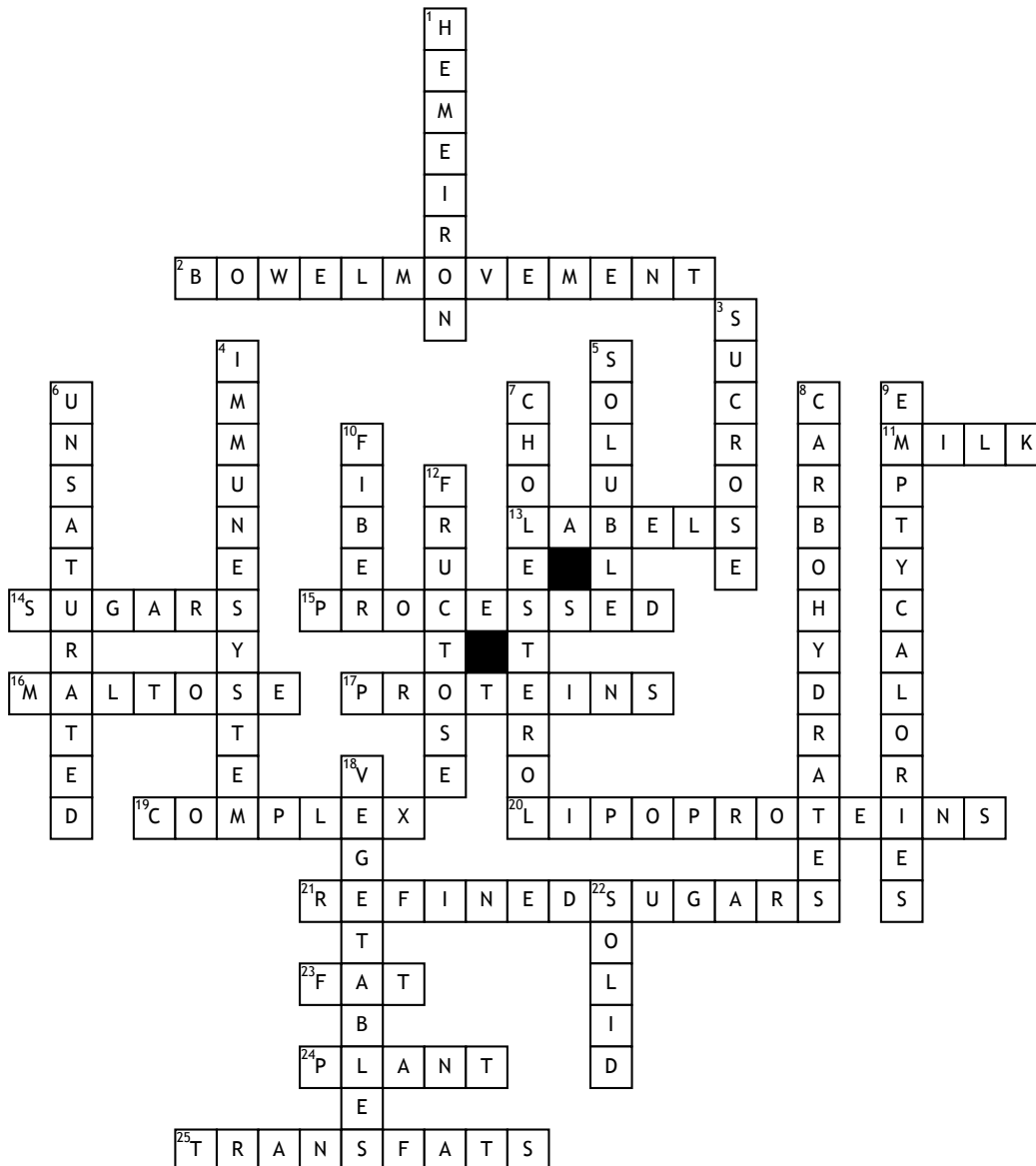


Name: _____

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