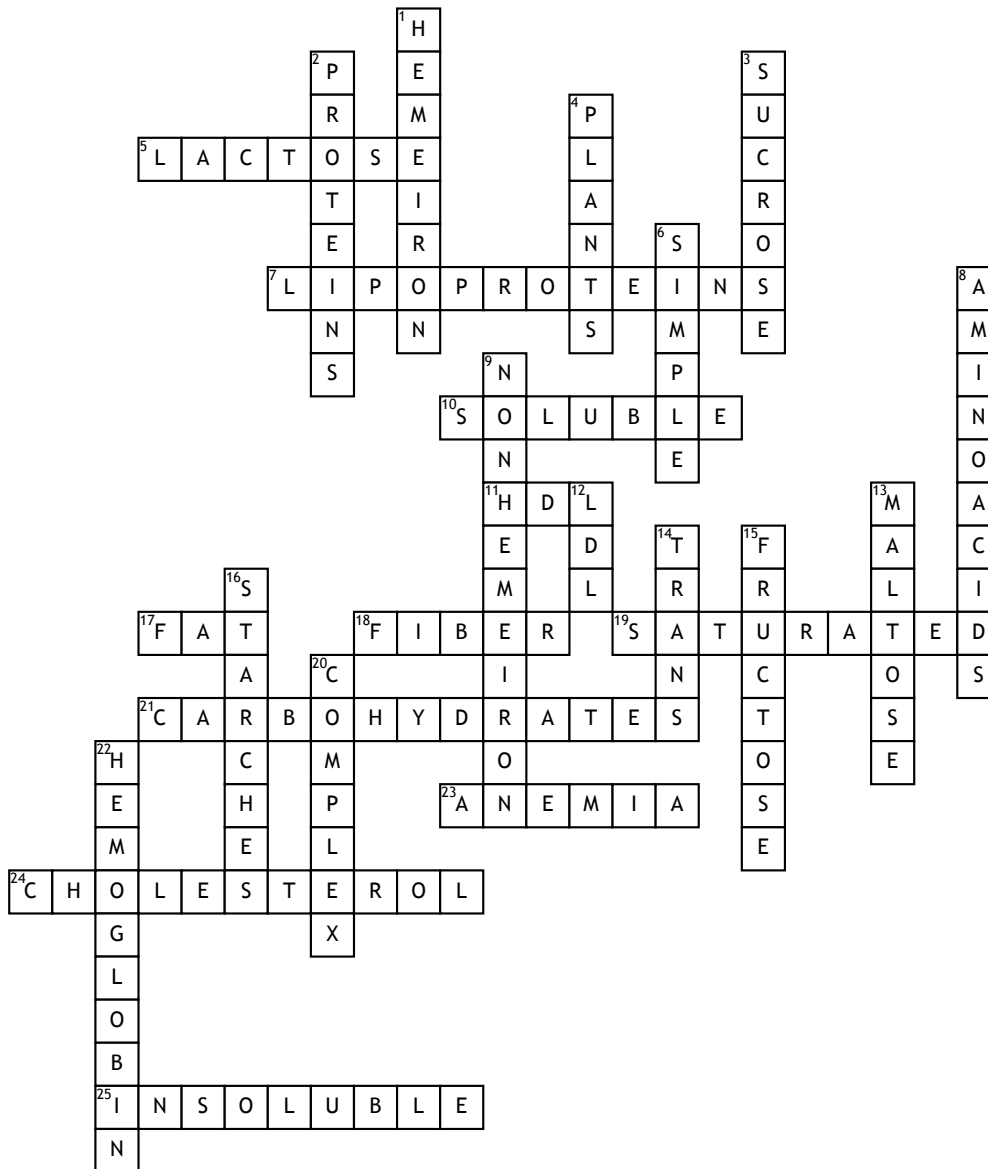


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Food and Nutrition Basics



## Across

5. Sugar that occurs naturally in milk  
 7. The cholesterol that circulates in the bloodstream in chemical groupings  
 10. This type of fiber increases the thickness of the stomach contents and has been shown to reduce levels of cholesterol in the blood  
 11. It picks up excess cholesterol and returns it to the liver, where it does not harm the body.  
 17. Provides heat and energy for the body  
 18. This comes from plant sources such as: Vegetables, Fruit, Grain Products and Legumes  
 19. This type of fat increases LDL cholesterol and is also known as bad fats  
 21. These are the main source and the most easily digested source of energy.

23. This is the condition that results when a person does not get enough iron.

24. It is a fat-like substance that is present in all body cells and is needed for many essential body processes

25. This type of fiber absorbs water like a sponge

## Down

1. This type of iron is found in animal sources, and is highly available for absorption.  
 2. These are the nutrients that help the body grow, maintain, and repair cells and tissues  
 3. Sugar that are extracted from plants and used to sweeten foods  
 4. These are the main source of carbohydrates

6. These carbohydrates are quickly broken down into a usable form by the body

8. Proteins that are made up of chains of chemical building blocks

9. This type of iron is found in plant sources

12. It takes cholesterol from the liver, to wherever it is needed in the body

13. Sugar that occurs naturally in grains

14. This type of fat found when vegetable oils are partially hydrogenated

15. Sugar that occurs naturally in fruits

16. As with naturally occurring sugars, these bring other nutrients with them, providing good food value

20. These are made up of large molecules of simple carbohydrates joined together

22. The substance in your red blood cells that carries oxygen to all parts of your body