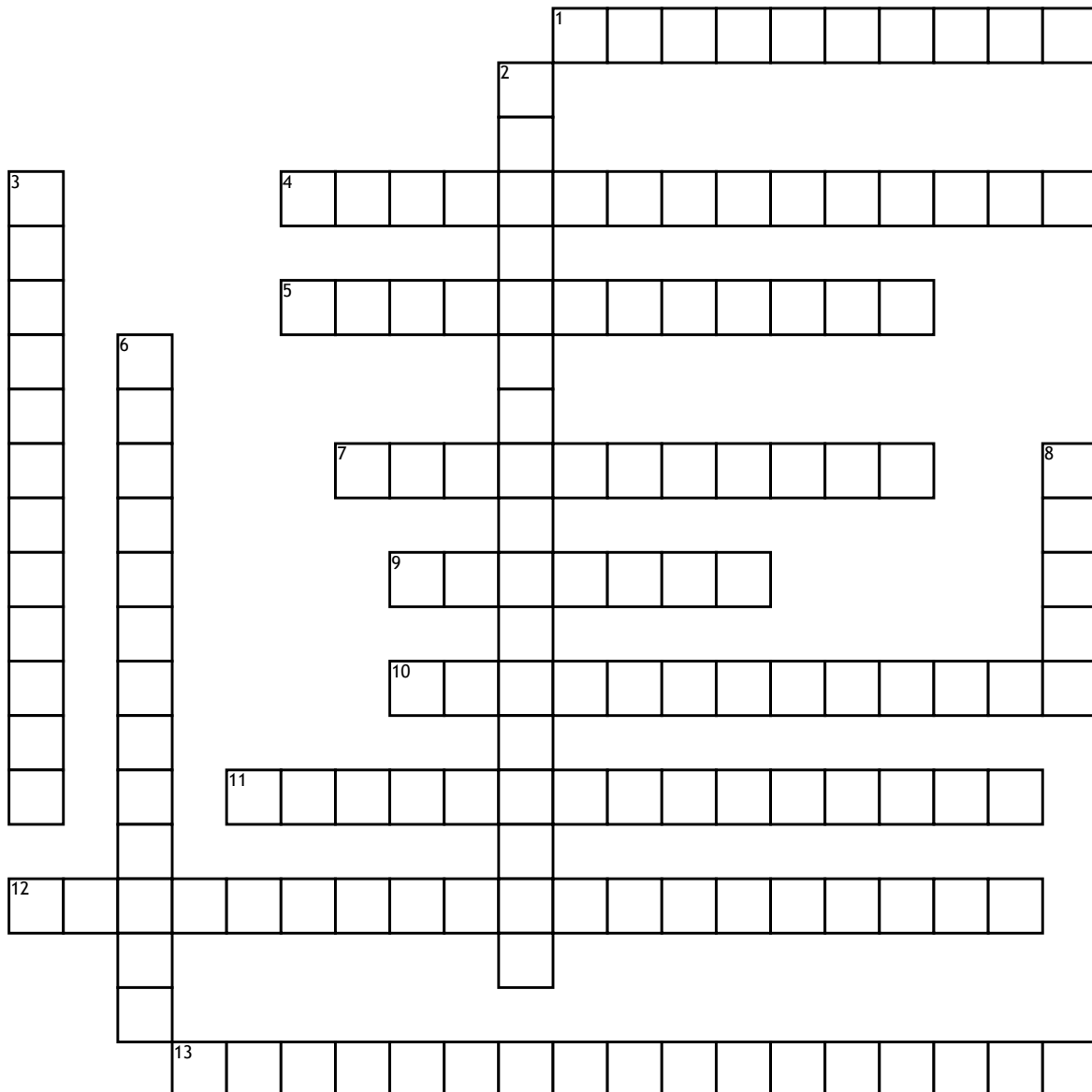


Name: _____

Date: _____

Carbohydrate cross word puzzel



Across

- 1. carbohydrate rich foods make what go up
- 4. starches and fibers containing hundreds to thousands and monosaccharides joined together
- 5. when 3 or more simple sugars are strung together
- 7. metabolic syndrome may in turn lead to poor

- 9. Hormone found in the pancreas is the bodies sugar managment
- 10. simple sugars such as, lactose, maltose, sucrose
- 11. Simple sugars such as glucose, fructose, galactose
- 12. foods high in fiber like veggies and fruits that slow the release of glucose
- 13. foods high in starch that releases glucose which raises your blood sugar

Down

- 2. consuming a lot of carbohydrates may lead to
- 3. The nutritional category for sugars
- 6. foods like eggs, cheese, and meats have the lowest
- 8. abbreviation of carbohydrates