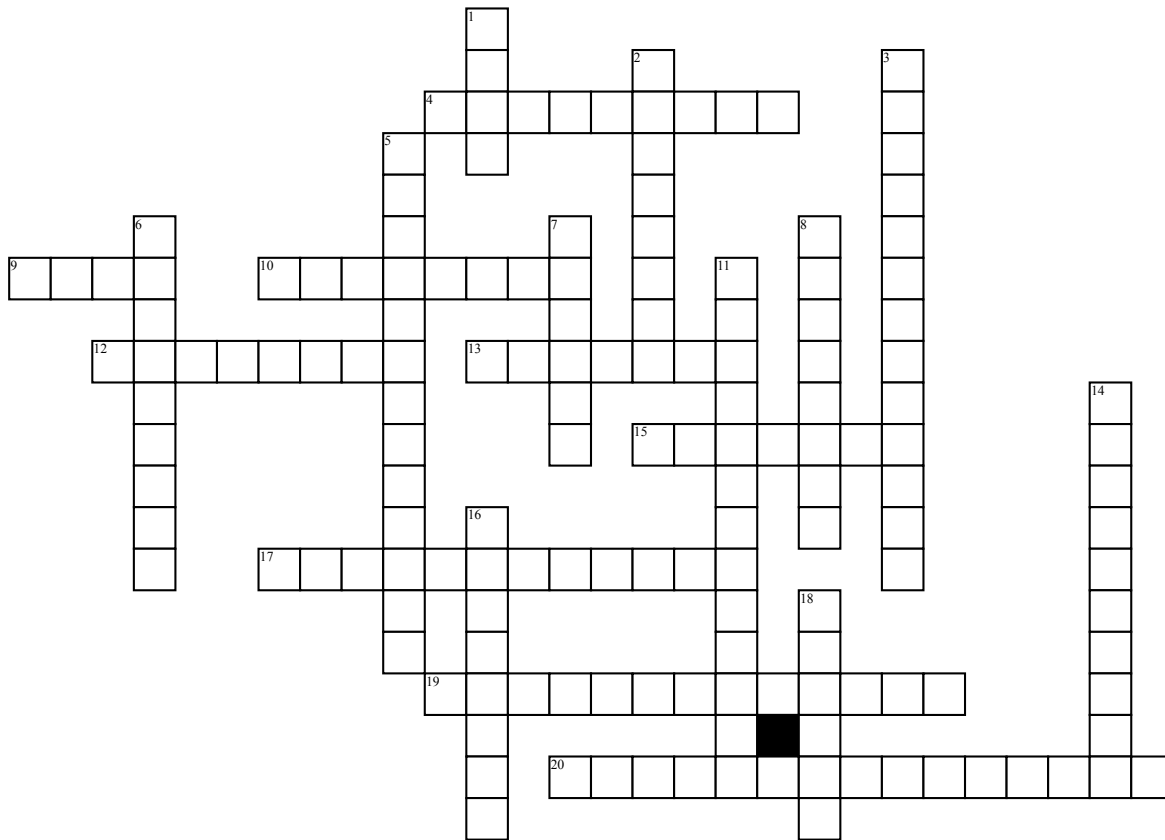


Name: _____

Date: _____

Carbohydrates



Across

- 4. indigestible carbohydrate
- 9. outer covering of grain
- 10. gel forming dietary fiber
- 12. dietary fiber
- 13. acid in urine
- 15. sugar in milk

- 17. low blood glucose level

- 19. energy foods

- 20. simple sugar

Down

- 1. liquid milk
- 2. animal starch
- 3. excessive glucose in blood
- 5. dietary fiber in whole grains

- 6. center part of grain

- 7. edible thickening agent

- 8. simple sugar in fructose

- 11. double sugars

- 14. abdominal gas

- 16. hormone from alpha cells of pancreas

- 18. polysaccharide found in grains