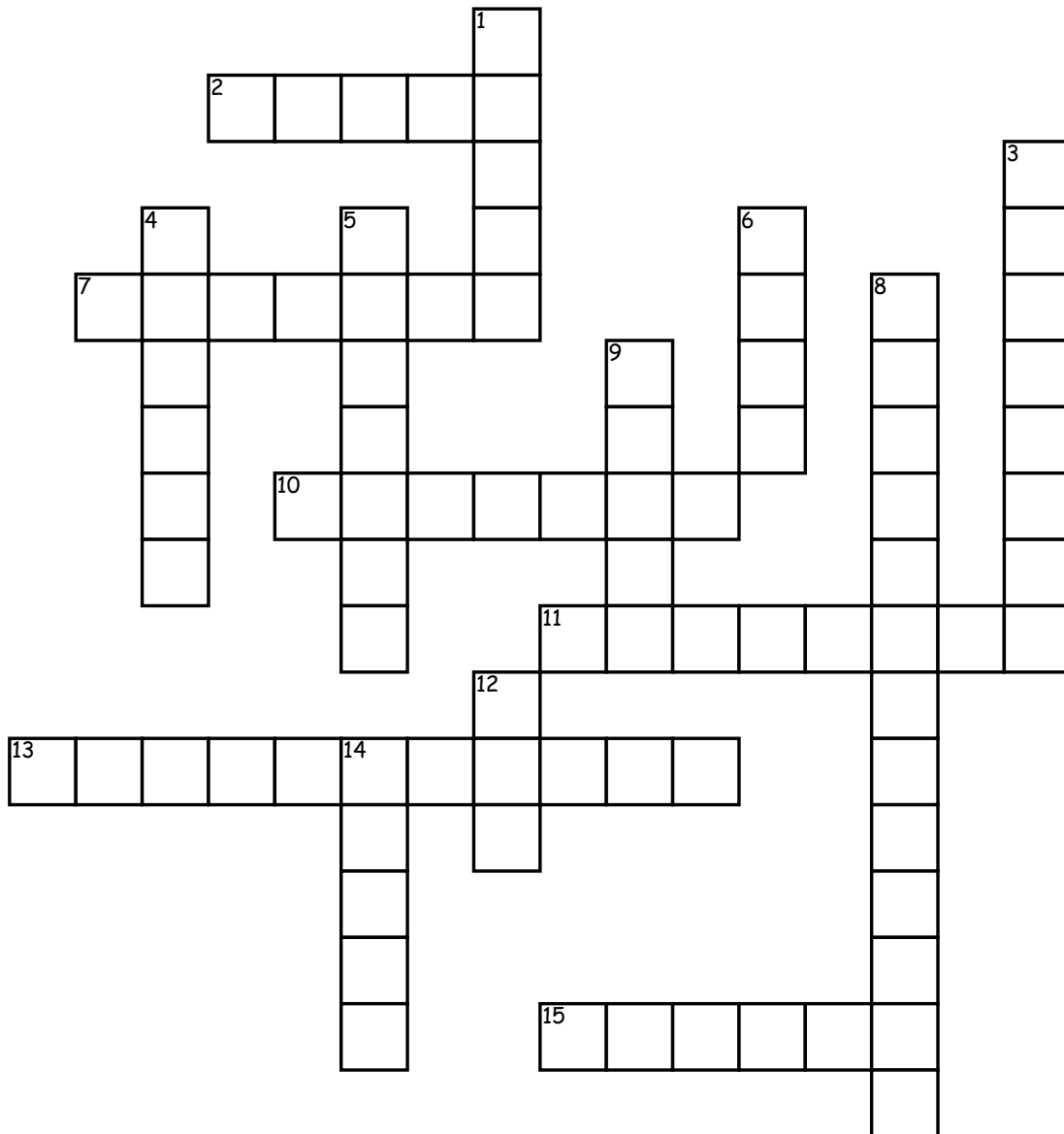


Name: _____

Date: _____

Carbohydrates



Across

2. Fruits, veggies, nuts, and beans are all examples of foods with _____.

7. _____ resistance occurs when your body gets used to the amount of sugar you are taking in.

10. _____ carbs pack more nutrients that digest more slowly and provide vitamins, minerals, and fiber.

11. Cereal, pasta, potatoes, and rice are all examples of foods with _____.

13. You can replace mashed potatoes with mashed _____.

15. _____ carbs are easier to digest & are mostly processed and refined sugars.

Down

1. You can replace white bread with whole _____ bread.

3. A low-carb diet can help manage _____.

4. Carbs are a source of _____.

5. Most carbs are turned into _____.

6. Weight gain, fatigue, insulin resistance, and hypoglycemia can all result from having a diet too _____ in carbs.

8. Macronutrient molecules that have carbon, hydrogen, and oxygen atoms.

9. You can replace regular potatoes with _____ potatoes.

12. Ketosis, fatigue, and hypoglycemia are all a result of having a diet too _____ in carbs.

14. Carbs are split into three different categories: sugars, starches and _____.