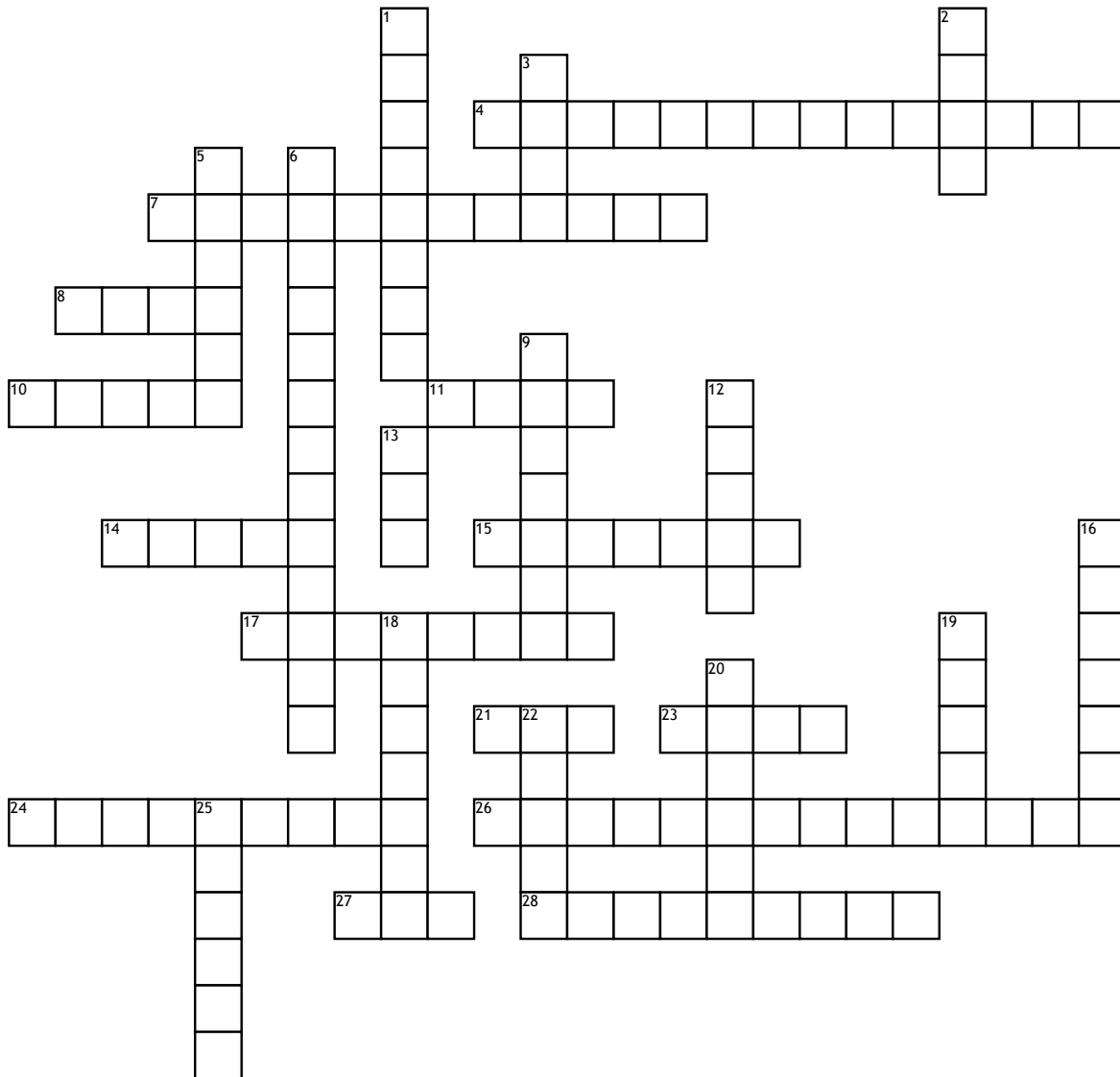


Carbohydrates & Fiber



Across

- 4. A single unit sugar is called this
- 7. Sugars with two-unit structures are called this
- 8. You can read a food label and the list of ingredients to help choose foods with less added sugar True or False
- 10. Dietary fiber can only be found in _____ food sources
- 11. The hard, outer coating on the grain kernel
- 14. To make healthy food choices, choose foods with little to no added _____.
- 15. This type of carb provides a long lasting energy
- 17. Another name for a complex carbohydrates
- 21. How many types of carbs are there?

- 23. Fiber helps you feel _____ which helps prevent overeating and weight gain
 - 24. Fiber helps the body with this body system
 - 26. When several sugar units combine and link together it is called a?
 - 27. A fiber rich diet will help lower this type of blood cholesterol
 - 28. This part of the grain kernel is used to make white flour foods like bread and pasta
- Down**
- 1. Refined grains are also known as this, meaning the vitamins lost during processing are added back in
 - 2. The embryo of the plant, it is needed to grow a new plant
 - 3. How many calories are in every gram of carbohydrate
 - 5. Carbs help do this to protein and fat

- 6. The body's main source of energy
- 9. This is the milk sugar that some people have a hard time digesting
- 12. How many parts of the grain kernel are there?
- 13. The suffix to a word that means "sugar"
- 16. It is our blood sugar
- 18. This type of grain is made when the grain is processed and the germ and bran is removed
- 19. Only found in plant products like whole grain breads, pasta, fruit and vegetables
- 20. Another name for a simple carbohydrates
- 22. This type of grain is made using all three parts of the grain kernel
- 25. This type of carb provides a quick burst of energy