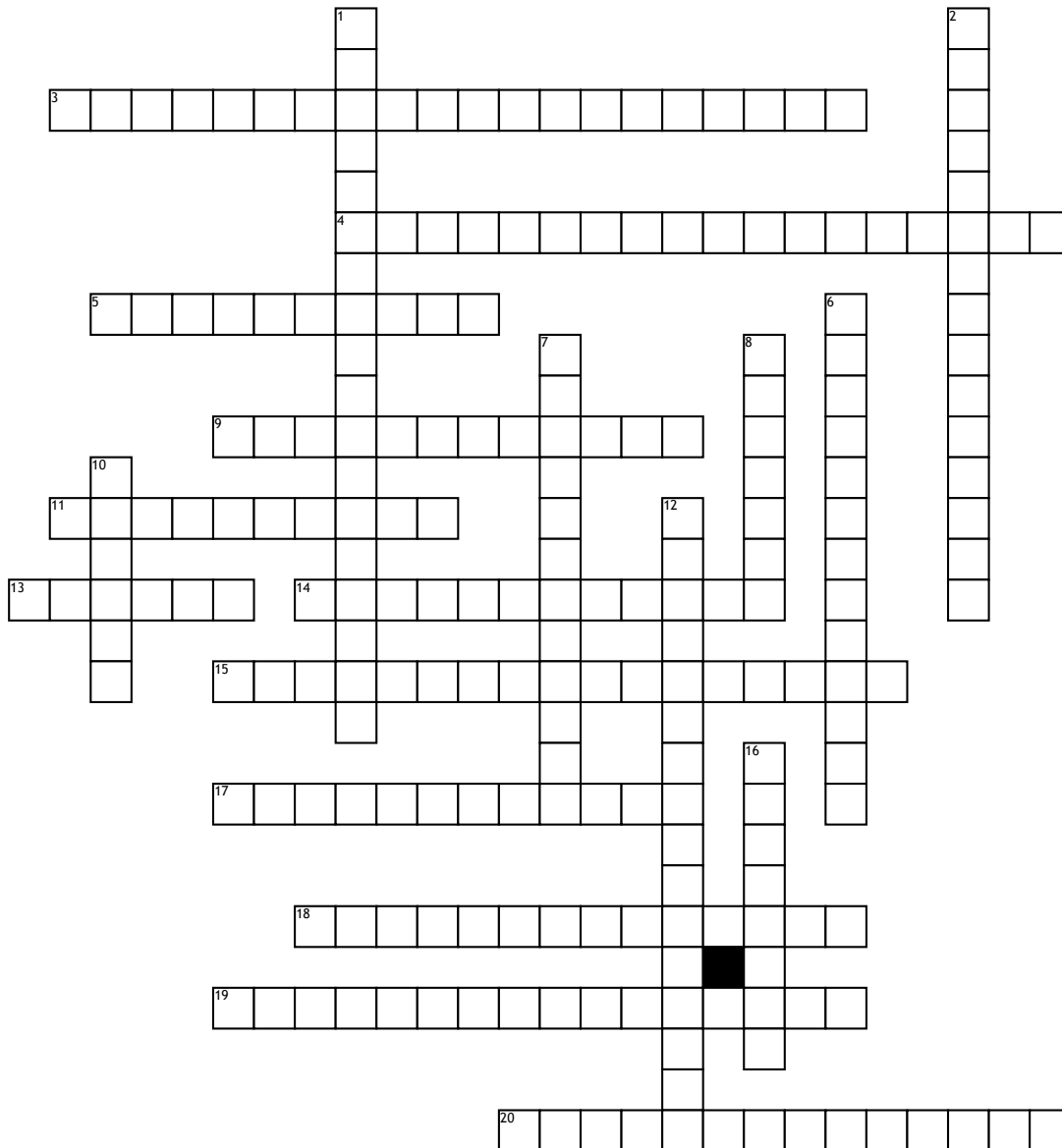


# Chapter 6 vocabulary



## Across

3. What carbohydrate includes starch and fibers?

4. What are naturally occurring sugars in fruits, vegetables, and milk?

5. What is the sum of dietary and functional fibers in food?

9. What is the low blood glucose level referred as?

11. What is a concentrated source of nutrient?

13. What is a polysaccharide that is a stored form of energy in plants?

14. What nutrients is a major source of energy for your body?

15. What is the measure of the speed that carbohydrates are digested into glucose?

17. What is tooth decay also known as?

18. When fiber is added to food the food is called what?

19. What are isolated and nondigestible?

20. What are carbohydrates that are made up of many sugar units?

## Down

1. What is the inability to digest lactose?

2. What carbohydrate is composed of single sugar units?

6. What's made up of two sugar units?

7. Carbohydrates and lignin found in plants are referred to as what?

8. What circulates the blood stream?

10. What are mono and disaccharides referred as?

12. The lack of or inability to use insulin is called?

16. What's the body's stored form of glucose?