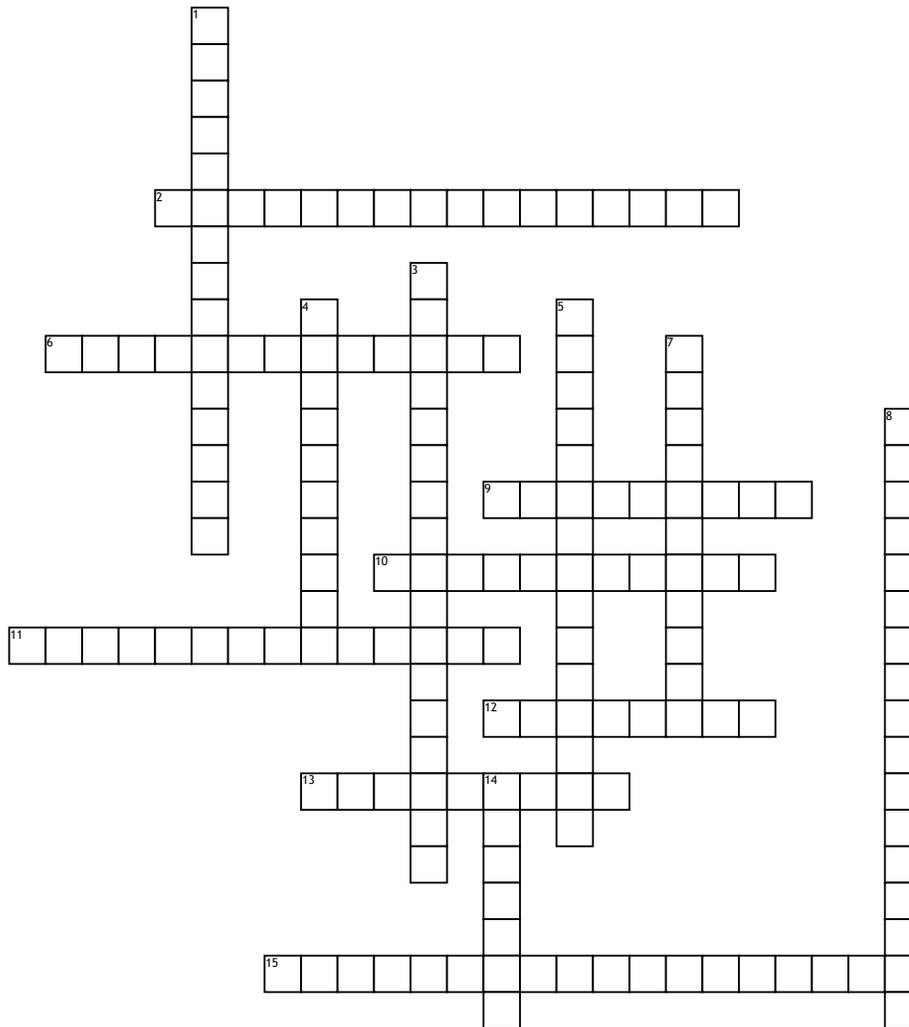


In Defense of Food



Across

2. A system of theories or assertions about the natural world that claim or appear to be scientific but that, are in fact, not.

6. Fatty compounds synthesized from carbohydrates during the process of digestion and stored in the body's fat tissues

9. Creatures that can eat just about anything nature has to offer and that in fact need to eat a wide variety of different things in order to be healthy

10. People of Owinka practice this "eat until you are 80 percent full"

11. Main features include lots of processed foods and meat, lots of added fat and sugars, lots of everything except fruits, vegetables and whole grains".

12. Disease that affects how your body uses blood sugar (glucose). One of the top diseases that causes death

13. Did a study on aborigines who had moved "from the bush" in Australia to the city, within a few years developed many beginning stages of big western illnesses

15. A consumption of fat and cholesterol from meat and dairy products is responsible for rising rates of heart disease

Down

1. Father of modern nutritional science, creator of baby formula

3. The development of industries in a country or region on a wide scale

4. Simplified the chemistry of the soil - would eventually take its role on our health

5. Regarded as healthier than those diets pertaining of saturated fats.

7. A substance in some foods that cleans the body and protects it from cancer

8. An unhealthy obsession with healthy eating, not yet recognized by DSM-IV but some psychologists have recently suggested it's time it was

14. Food is usually well grown in relatively healthy soils that have been nourished by organic matter rather than synthetic fertilizers

Word Bank

Industrialization

Hara Hachi Bu

Orthorexia Nervosa

Antioxidant

Triglycerides

Fertilizer

Omnivores

Organic

Pseudoscientific

Justus Von Liebig

Karin O' Dea

Diabetes

The Western Diet

Polyunsaturated

The Lipid Hypothesis