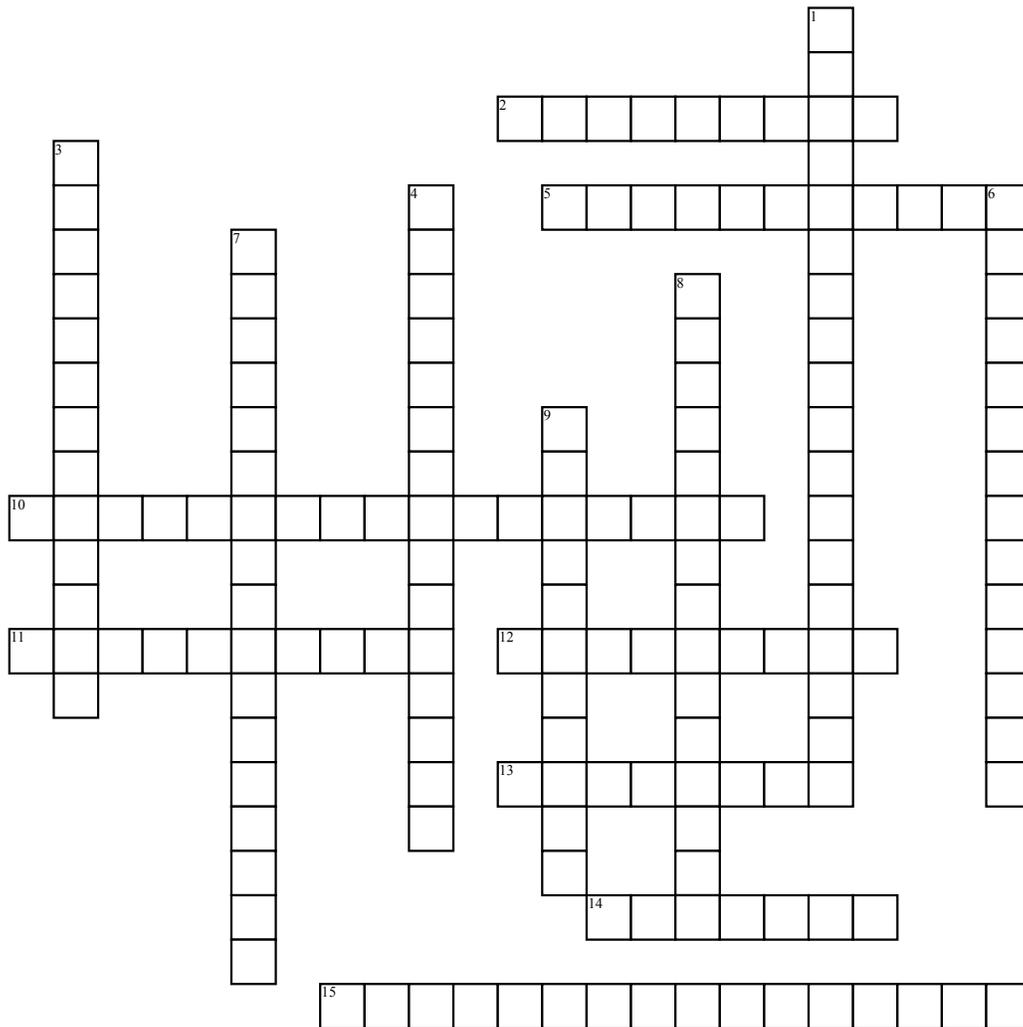


In Defense of Food Crossword Puzzle



Across

2. 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

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

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

11. Simplified the chemistry of the soil – would eventually take its roll on our health

12. 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

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

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

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

Down

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

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

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

6. Main features include lots of processed foods and meat, lots of added fat and sugars, lots of everything except fruits, vegetables and whole grains⁹.

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

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

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

Word Bank

Justus Von Liebig

The Western Diet

Pseudoscientific

Antioxidant

The Lipid Hypothesis

Hara Hachi Bu

Diabetes

Omnivores

Fertilizer

Karin O' Dea

Triglycerides

Orthorexia Nervosa

Industrialization

Organic

Polyunsaturated