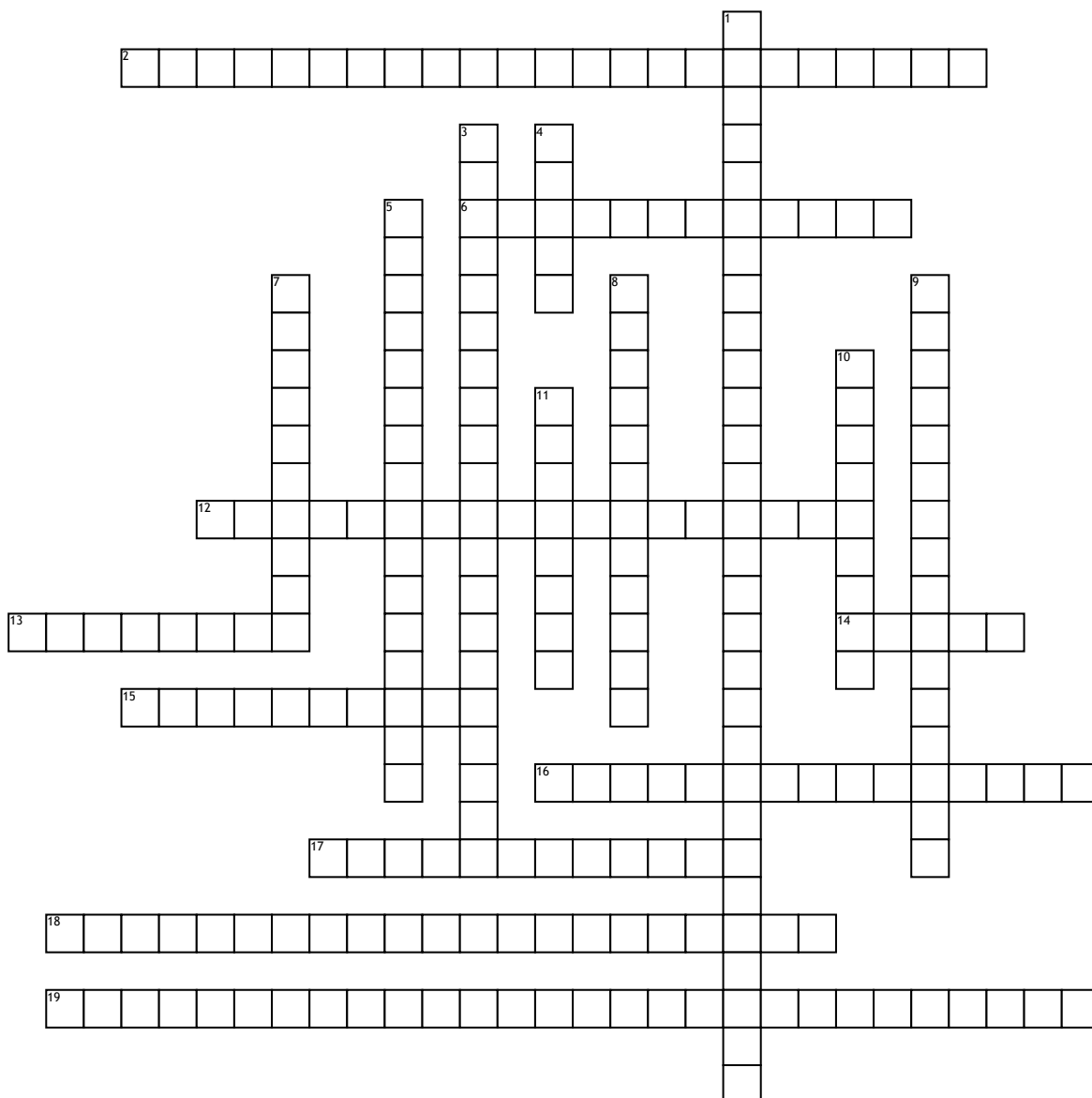


# Introduction to Nutrition (Part 2)



## Across

2. recommended daily nutrient and energy intake amounts for healthy people of a particular age range and gender

6. a condition in which the bones gradually lose their minerals and become weak and fragile

12. lack one or more of the essential amino acids

13. chemical compounds found in food that are needed for regulating metabolic processes

14. refers to a person who is overweight, having a weight that is greater than what is generally considered healthy

15. describes a person who does not eat any meat, fish, poultry or any products derived from those animals

16. identify as daily intake levels for healthy people

17. a chemical substance or combination of substances present in food as a result of processing, production, or packaging

18. two or more incomplete protein sources that together provide adequate amounts of all the essential amino acids

19. daily nutrient standards providing the average daily intakes that meet the nutrient requirements of nearly all healthy individuals of a particular age and gender group

## Down

1. a document published jointly by the department of health and human services and the USDA that offers science-based advice for healthy people over the age of 2 about food choices to promote health and reduce the risk of major chronic diseases

3. condition describing a lack of iron in a person's blood

4. an essential nutrient to all forms of life

5. contain all essential amino acids in the right amount

7. chemical compounds that have special functions in the body, including supplying nitrogen for growth and maintenance, maintaining fluids, keeping steady pH, and acting as transporters

8. a condition that occurs when a body does not get enough nutrients

9. a condition in which the body cannot regulate blood sugar properly

10. the process of breaking down food into its simplest parts so that it can be absorbed

11. chemical substances that occur naturally in foods and that are important for good health