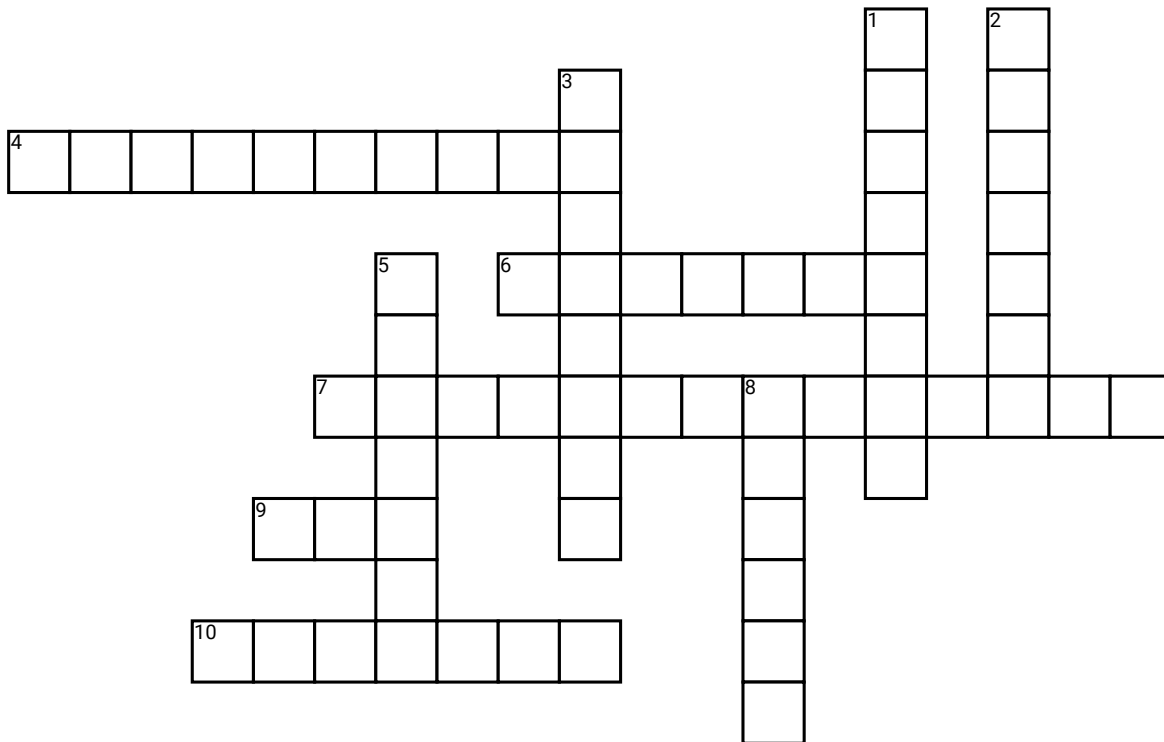


KEY WORDS



Across

4. Insulin _____ is when the body stops responding to insulin effectively (10)
6. What is carbohydrate broken down into by digestion? (7)
7. Carbohydrate, fat and protein are collectively called _____ (14)
9. Energy from carbohydrate can be replaced by which nutrient on a low carb lifestyle? (3)
10. Which type of vegetables are higher in carbohydrate and can significantly increase your blood glucose level? (7)

Down

1. Foods with a higher _____ index can cause our blood glucose level to rise faster (8)
2. Which hormone instructs the body to move glucose out of the blood and into the cells? (7)
3. What type of food are non-starchy vegetables, meat, oily fish, eggs, nuts, berries and minimally processed dairy examples of? (4,4)
5. According to the plate method, how much of your plate should be protein and fats? (7)
8. A low carb diet refers to reducing carbohydrate intake to one hundred and _____ grams per day (6)