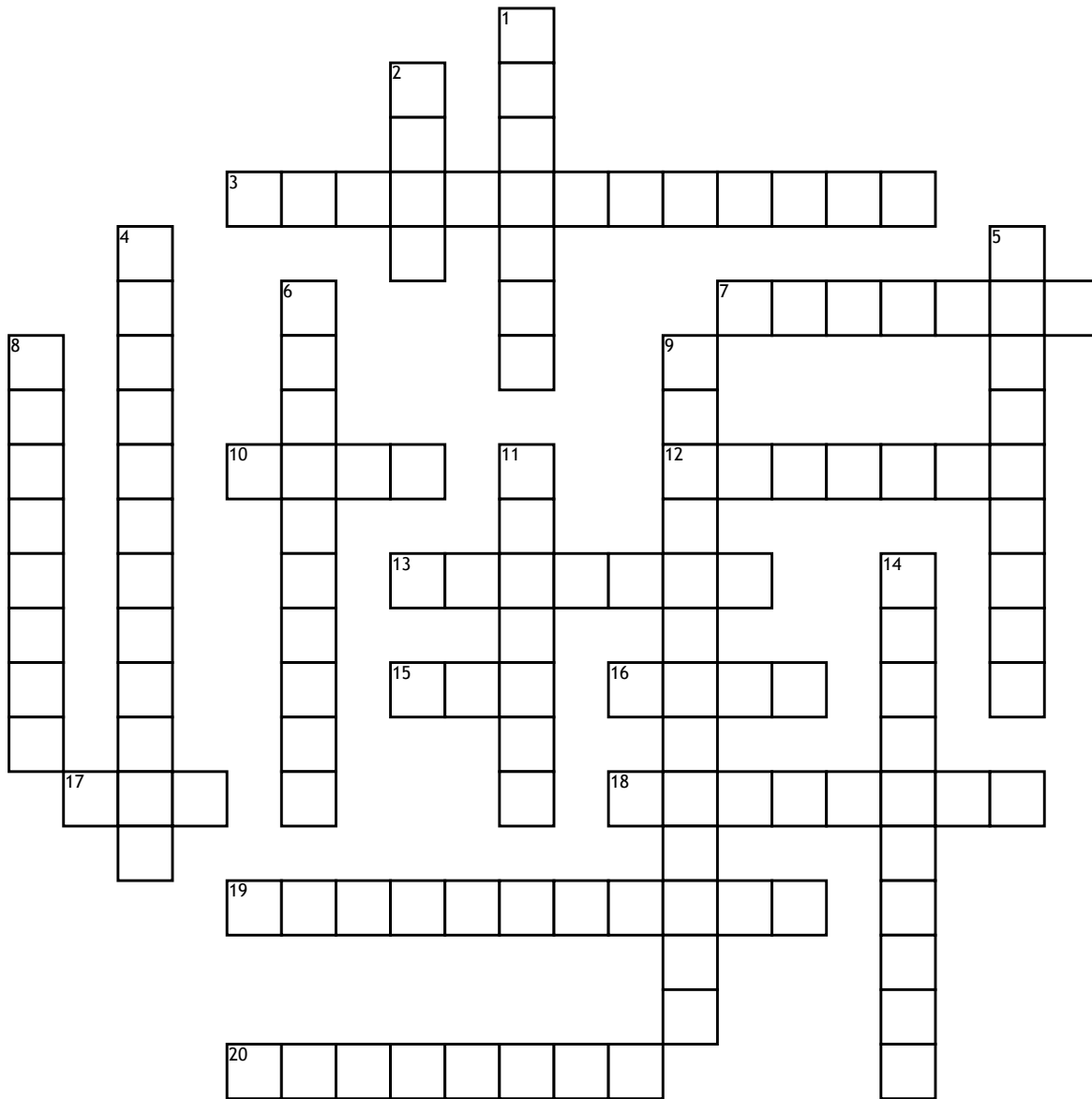


# Lifecycle Nutrition



## Across

3. When pregnancy risk assessment should take place  
 7. Drugs and \_\_\_\_\_ should be avoided while nursing  
 10. Folate and \_\_\_\_\_ should be supplemented in pregnancy  
 12. \_\_\_\_\_ should model healthy eating habits for kids:  
 13. Pregnant women should avoid this toxin:  
 15. Weight gain should be based on prepregnancy \_\_\_\_\_  
 16. Simple carbohydrate intake may make \_\_\_\_\_ worse.

17. breast milk is the perfect food for how many months?  
 18. Infants need about 100 kcal for every \_\_\_\_\_ of body weight  
 19. a major health risk in the elderly  
 20. chronic loss of appetite in elderly: \_\_\_\_\_ of aging

## Down

1. One of the most common childhood food allergies  
 2. Strange cravings for non food:

4. Two dangerous pregnancy complications include gestational diabetes and:  
 5. First form of breastmilk:  
 6. being \_\_\_\_\_ in middle age increases risk for disease  
 8. Slower GI motility leads to increased \_\_\_\_\_ absorption  
 9. Sugar does not appear to actually cause this:  
 11. Mom needs about 500 extra calories per day when:  
 14. nutrient \_\_\_\_\_ seems to decrease with age