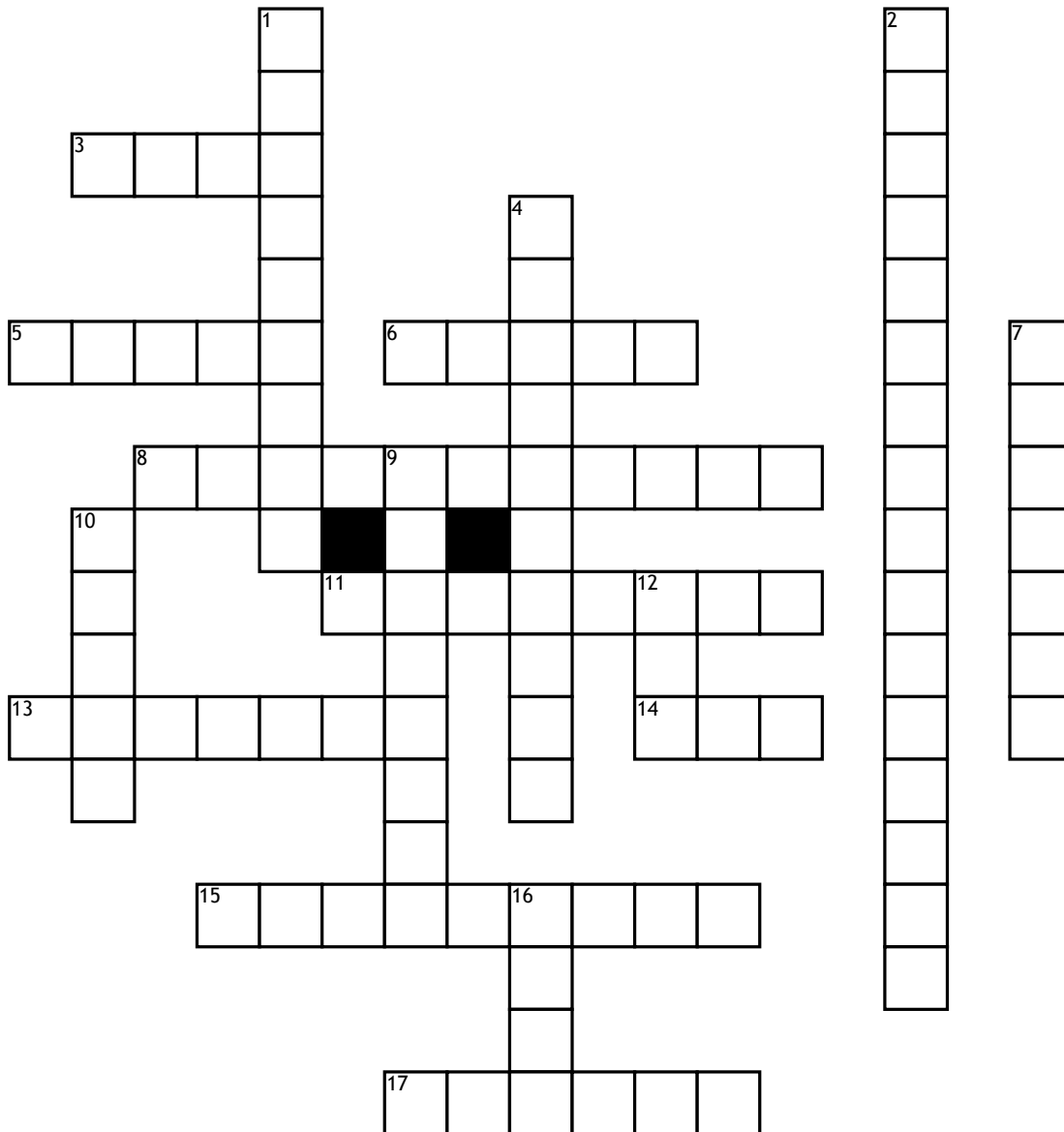


Name: _____

Date: _____

Lifestyle Diseases



Across

3. A word that means healthy eating

5. ___ is high in natural sugars

6. Low blood ___ is an indicator of diabetes

8. An essential fat substance made by your liver, but also found in foods that are high in saturated fat

11. Lifestyle disease that has two types

13. Another name for sugar

14. Type ___ diabetes is when the pancreas produces little or no insulin

15. Diabetics should avoid ___ grains

17. Diabetes effects the ___ body

Down

1. Good ___ is important for health and well-being

2. Choices you make about diet, exercise and health

4. Fresh ___ are a good source of fibre

7. Name of the medication used to assist diabetics

9. Diabetes has reached ___ proportions

10. Diabetics should eat ___ grains

12. Type ___ diabetes is also referred to as Insulin Resistance

16. Mineral that can increase blood pressure