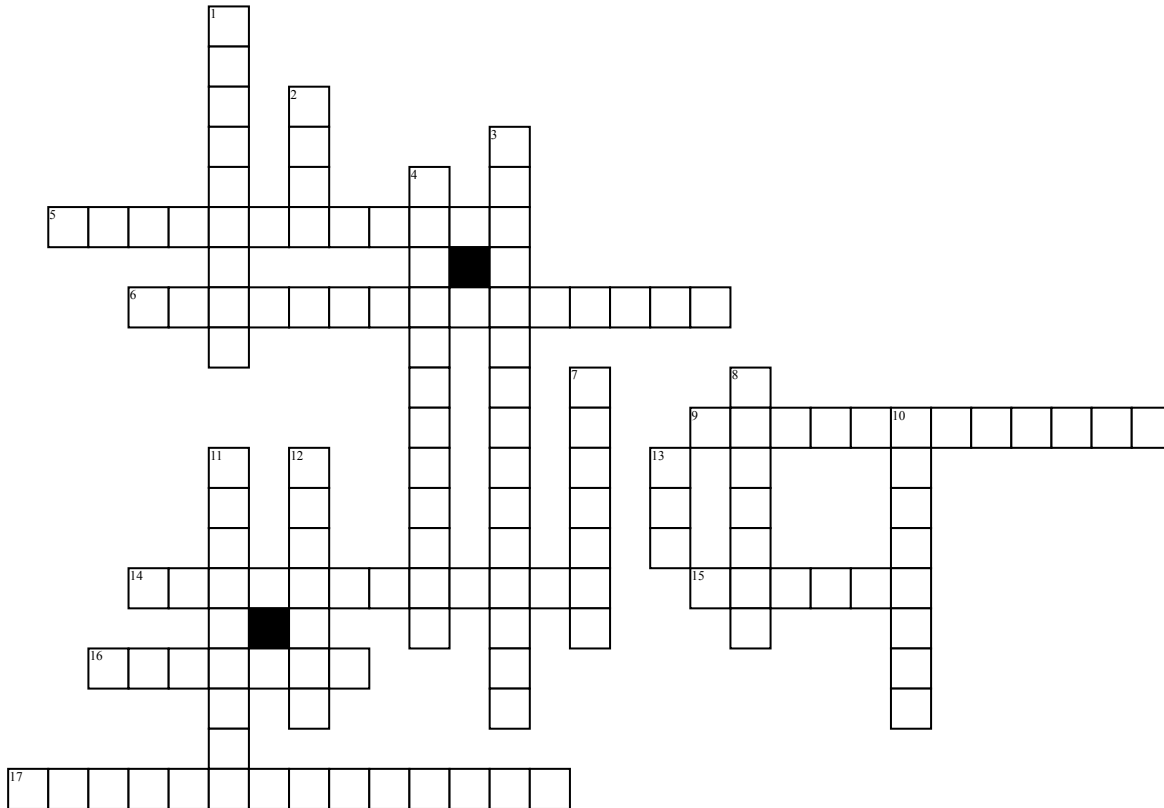


Name: _____

Date: _____

Macronutrients



Across

5. Not consuming enough carbohydrates can result in
6. the healthiest type of fat
9. Trans and saturated fats can cause what?
14. This can come in a simple or complex form
15. This type of carbohydrate has one or two sugars
16. You get this from red meat
17. A type of food required in large amounts in the human diet

Down

1. Type of fibre that passes through our digestive system undigested; Whole grain products and vegetables are sources of this
2. Number of calories a carbohydrates provides
3. Monounsaturated, One type of unsaturated fat: m_____.
4. A sugar composed of two monosaccharides
7. Also known as starches

8. a condition resulting from the body using fats as it main source of energy; consequence of a diet that is very low in carbohydrates.
10. A chronic disease that can be caused by taking an excess of carbohydrates
11. The process of providing or obtaining the food necessary for health and growth
12. What is a unit of energy that measures how much energy food provides to the body?
13. The body uses ____ as fuel.