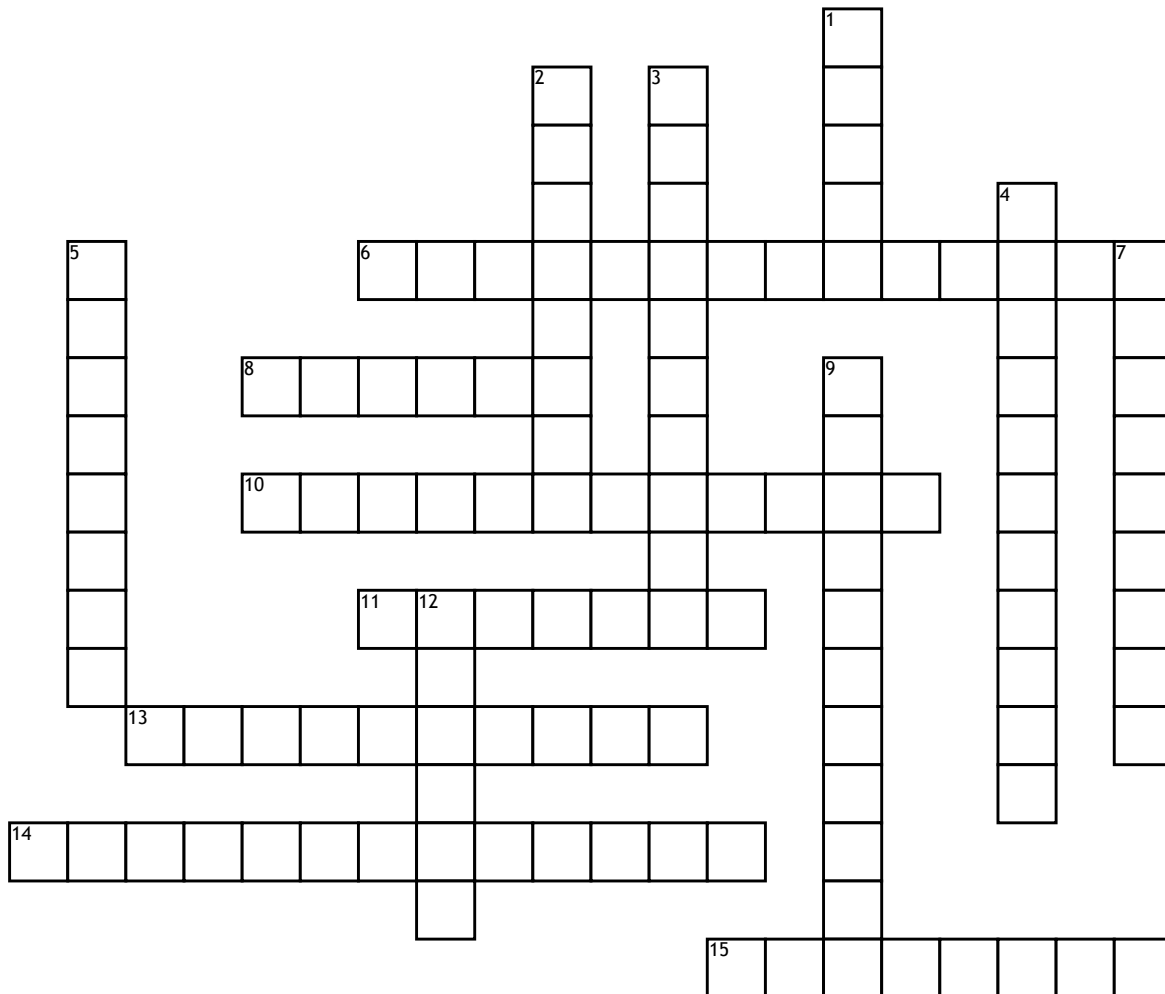


Name: _____

Date: _____

Macronutrients



Across

6. Nutrients that have calories

8. Sugars are also referred to as _____ carbohydrates

10. Lack of the right nutrients in your diet over an extended period

11. Form of sugar carried in the bloodstream for energy use throughout the body

13. Plant sources of protein are

14. The body's main source of energy

15. Measurement of the energy in food

Down

1. Form of complex carbs from plants that humans cannot digest

2. A chemical substance in food that helps maintain the body

3. Proteins are made of

4. Fats with fewer hydrogen atoms

5. Animal sources of protein are

7. Fats with the maximum amount of hydrogen atoms

9. Fat-like substance found in every cell in the body

12. Also known as fats