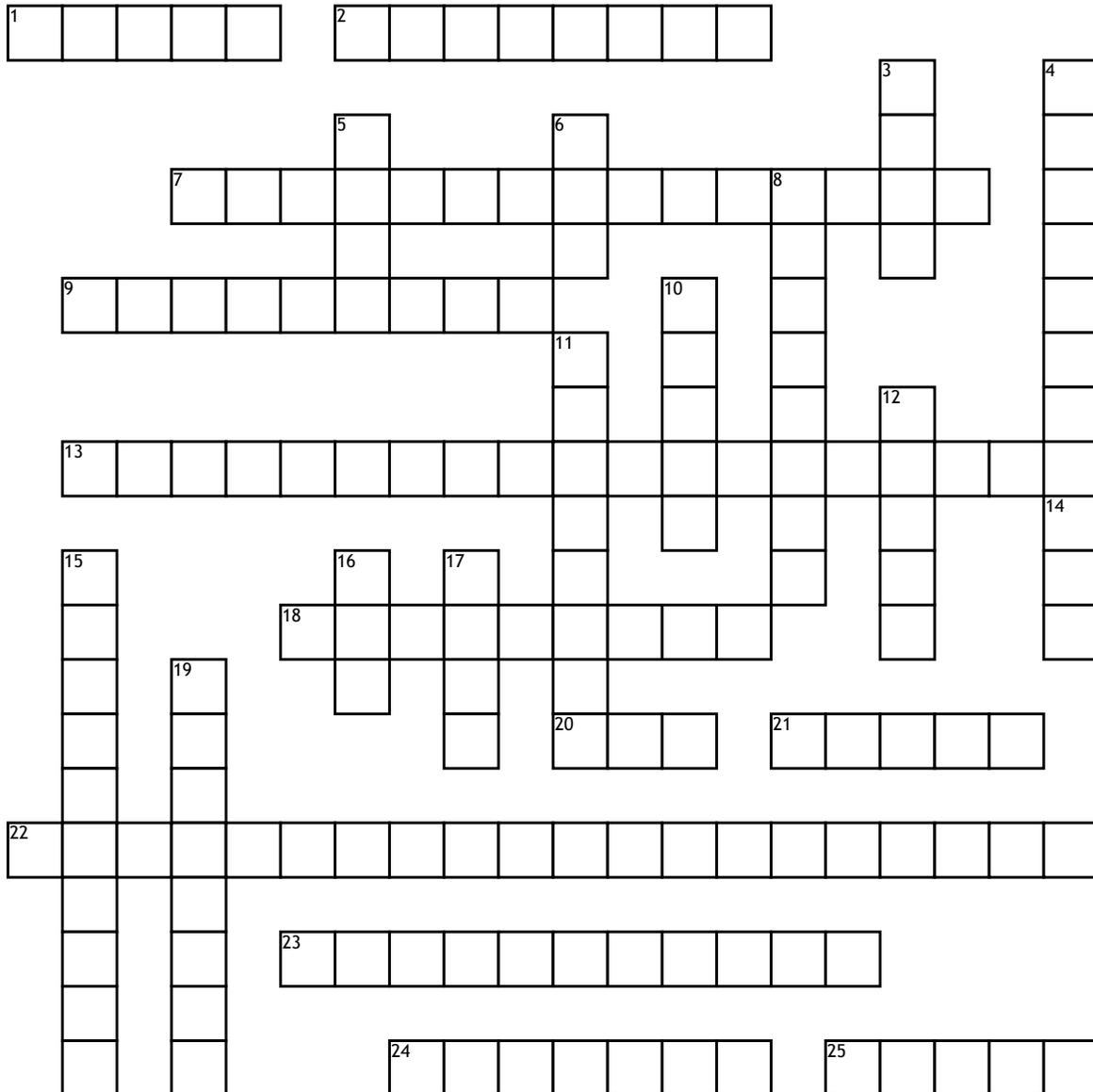


Nutrient Facts



Across

1. Minerals are more prominent in
2. Teen boys average 2800 _____ each day
7. Another name for vitamin A
9. Trans fat is when _____ (2 words) is made into solid fat
13. Vitamin that is absorbed and transported by fat
18. Too much _____ fat can raise your cholesterol
20. The lowest average of minerals needed is
21. A complex carbohydrate that can't be completely digested
22. Vitamins that dissolve in water and are not stored in large amounts in the body
23. Unsaturated fat can help lower this

24. The highest average of minerals needed is
 25. 70% of the human body is made up of
- ## Down
3. One of two of the most essential minerals your body needs
 4. One of two of the most essential minerals your body needs
 5. Not all the time, but sometimes fat can be _____ for you
 6. All _____ meat is high in saturated fat
 8. Too much trans fatty acids will _____ your cholesterol
 10. If you are a 16 year old girl you should aim to have 6 servings of _____ products each day

11. A _____ woman should be sure to get a lot of iron
12. A 17 year old boy should have _____ servings of vegetables and fruits everyday
14. 1 pound of _____ is equal to 3500 calories
15. Proteins are made up of chains of chemical building blocks called
16. Saturated fat is also nicknamed the _____ fat
17. 8 _____ of water a day is needed to stay healthy
19. 3800 is how many _____ we know of