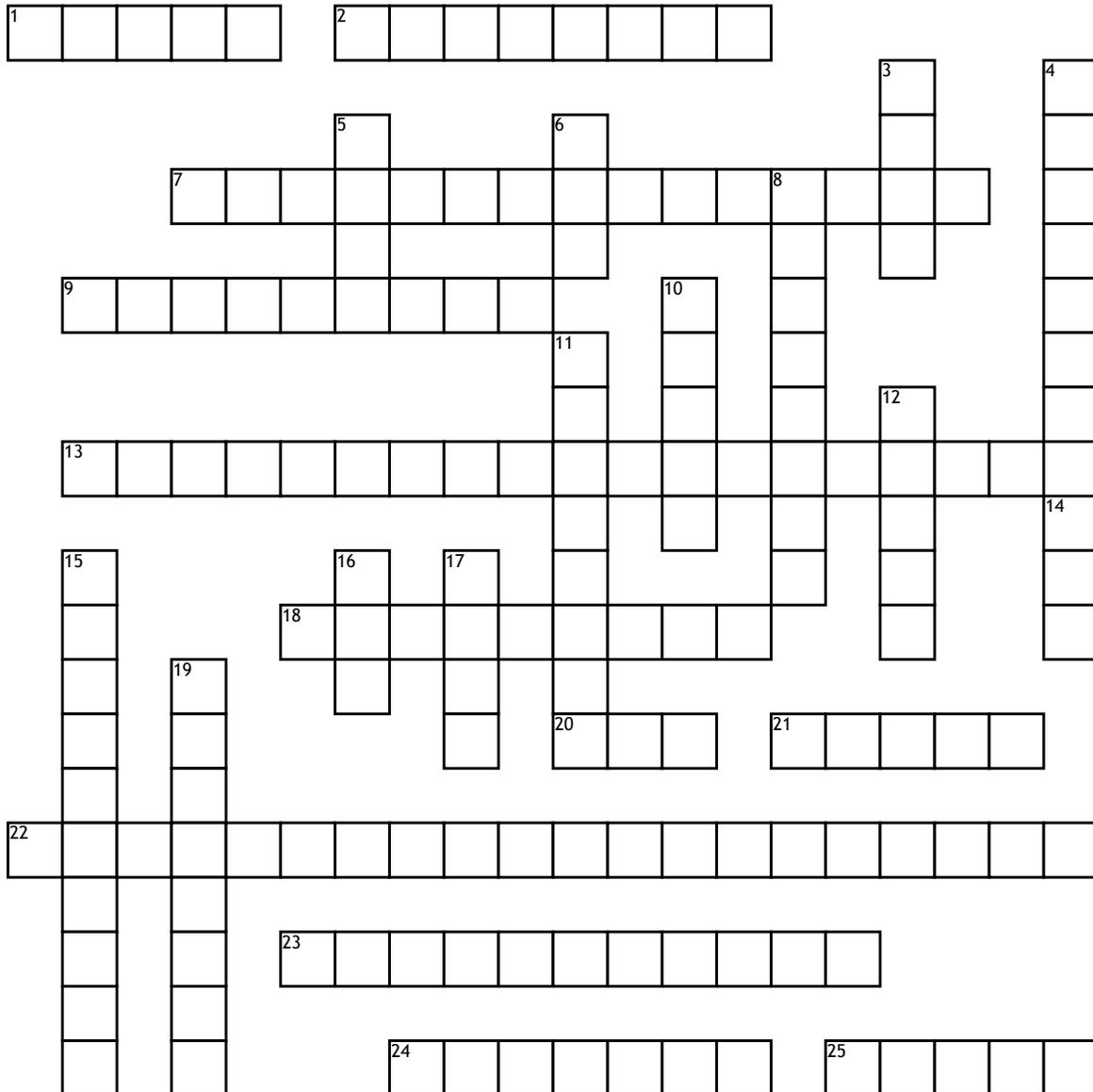


# Nutrient Facts



**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