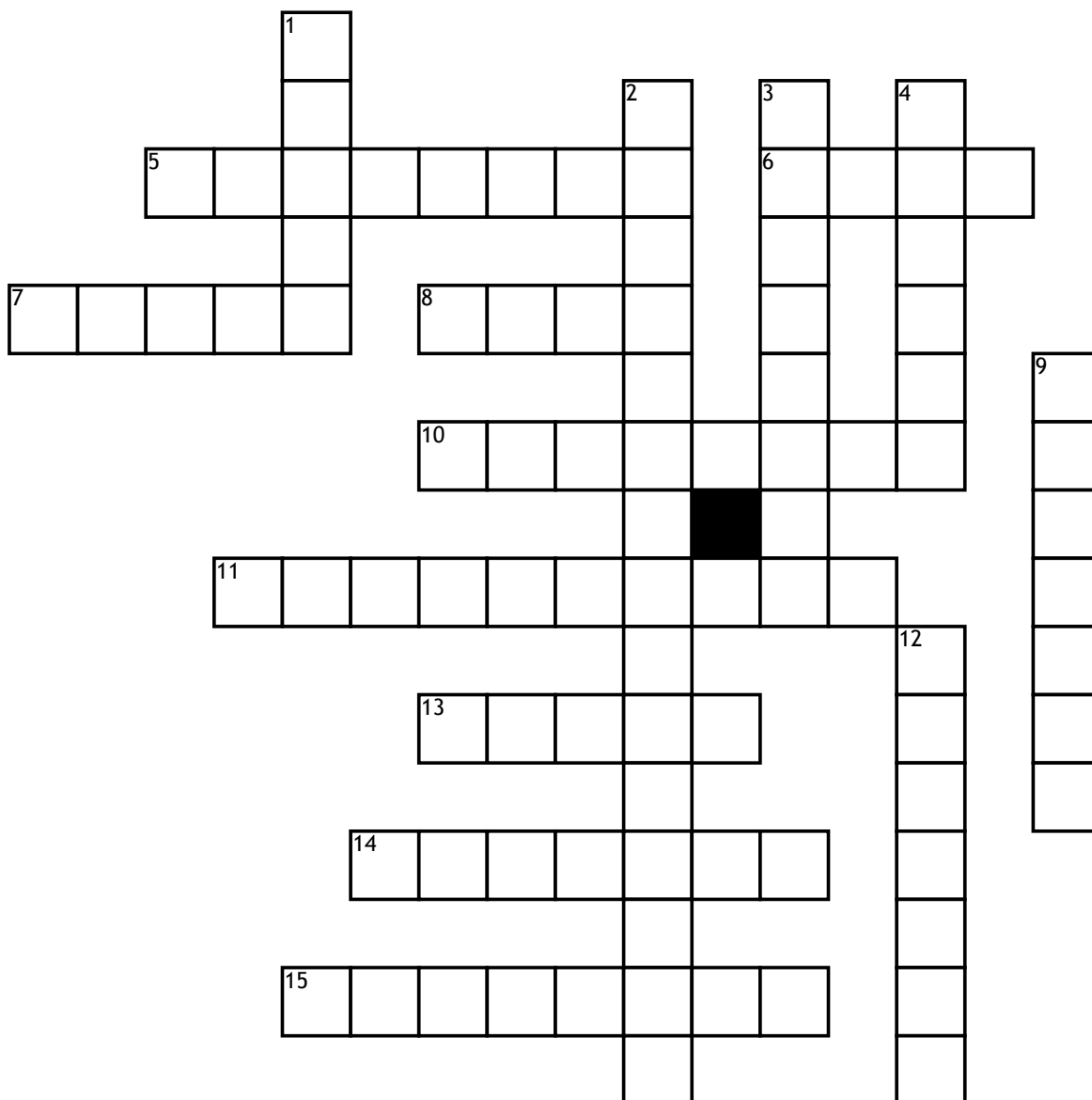


# Nutrients Crossword By Marissa Lee



## Across

5. What is a chemical substance in food that helps maintain the body?
6. What mineral deficiency is associated with anemia?
7. What aspect of your urine can be used as a guide for your level of hydration?
8. How many calories are in a gram of fat?
10. What mineral helps resist tooth decay?

11. What small units make up a protein?

13. \_\_\_\_\_ is a complex carbohydrate

14. What form of simple carbohydrates is found in the bloodstream?

15. What vitamin helps blood to clot?

## Down

1. What nutrient is most essential for the human body?

2. What term describes the fat build up and hardening of artery walls?

3. Rickets is caused by which deficiency?

4. Goiter is a deficiency of what mineral?

9. What mineral is responsible for building strong bones and teeth?

12. What should you increase in your diet if you have osteoporosis?