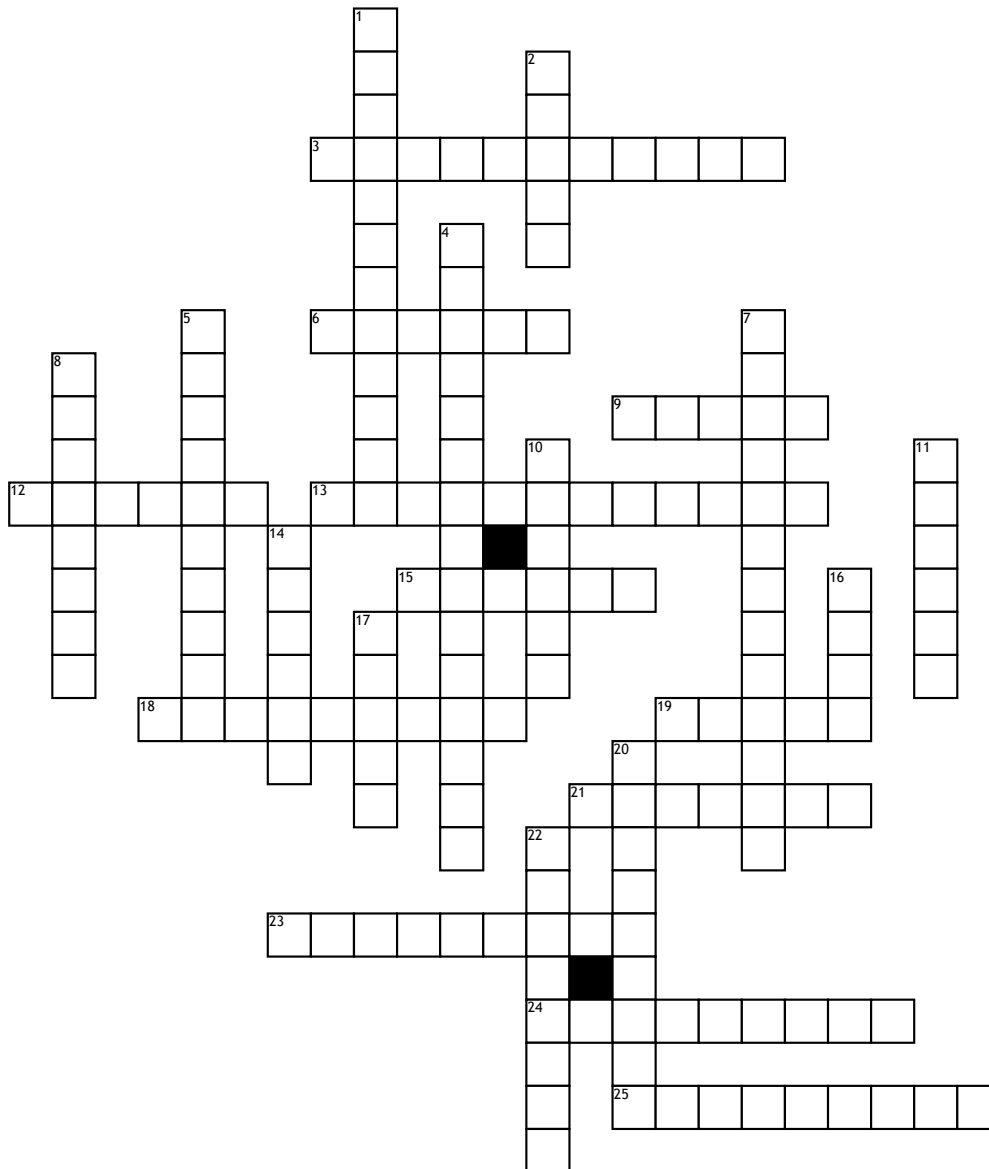


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrients Review



## Across

3. "Good" fats lower risk of  
 6. Cholesterol is not found in  
 9. Keeps you regular, lowers cholesterol, controls blood sugar  
 12. Good source of omega-3  
 13. Water regulates body temperature through \_\_\_\_  
 15. Fat-soluble vitamins are \_\_\_\_ in the body  
 18. Amino acids from food  
 19. Good source of fibre  
 21. Builds, maintains, replaces tissue  
 23. Help us survive and grow

24. Water is necessary for chemical \_\_\_\_

25. This fat raises blood cholesterol

## Down

1. Vitamin C and B vitamins are \_\_\_\_  
 2. Complex carbs/starches include \_\_\_\_ products  
 4. The "good" fat in avocados, olives, nuts  
 5. Digestion breaks down proteins into  
 7. Made up of sugars

8. A, D, E, K are fat-soluble

10. Drink 2-3 \_\_\_\_ of water each day

11. White sugar is a \_\_\_\_ carb

14. A saturated fat

16. Saturated, monounsaturated, polyunsaturated

17. "Forgotten nutrient"

20. In baked goods, fried foods, processed foods

22. Salt, iron, copper