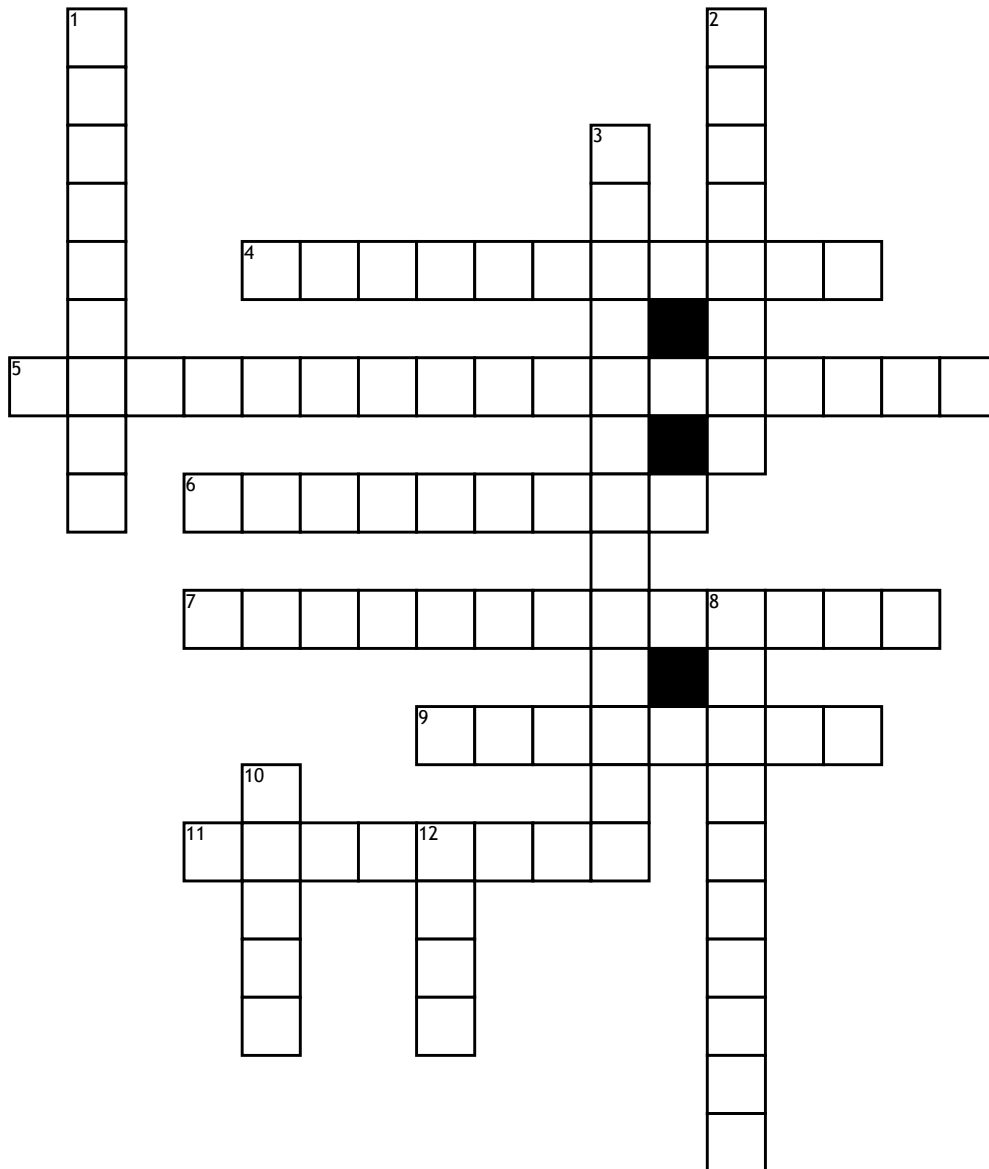


# Nutrients for health



## Across

4. Saturated fats tend to raise the levels of this substance  
 5. Too much sodium increases your risk for this disease  
 6. substances that your body needs to grow, have energy and be healthy

7. potatoes

9. cereals

11. Regulate body functions

## Down

1. Helps to maintain the body's balance of fluids

2. A type of sugar

3. They are solid at room temperature

8. eggs

10. Helps move waste out of your system

12. Contains calcium and phosphorus