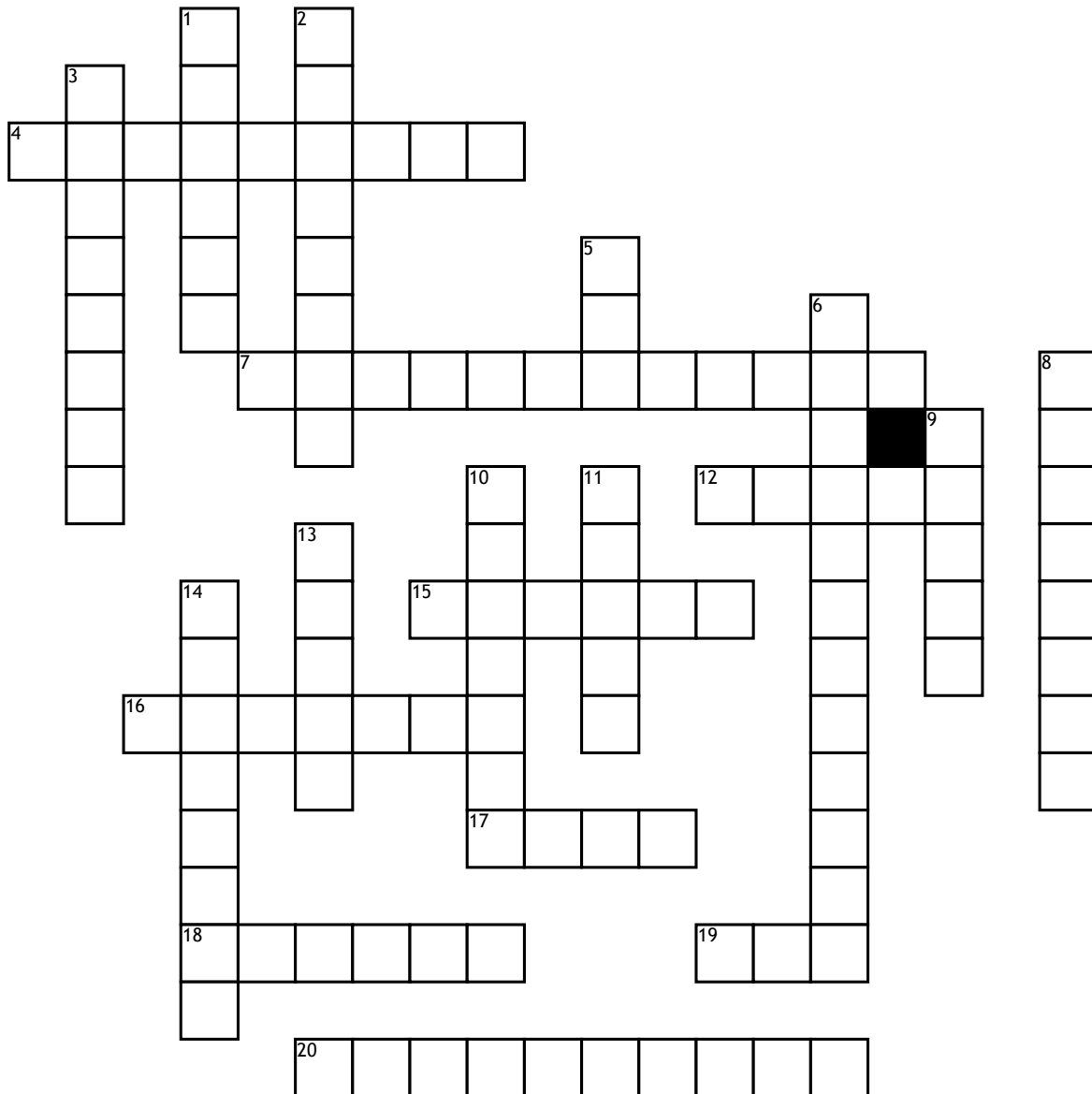


Nutrition



Across

- 4. Mushrooms and green peppers are apart of what food group?
- 7. Type of fat found in animal products and oils
- 12. The body is unable to break down _____ into sugar molecules during digestion
- 15. an important electrolyte but too much can be bad
- 16. carbohydrates break down into _____ in the body.
- 17. Fat is more “energy dense” than other nutrients, containing _____ calories per gram compared with 4 calories per gram for carbohydrates or protein.
- 18. Calories are either burned to produce _____ or stored as fat, if too many are consumed.

- 19. _____ pound of body fat has 3,500 stored calories
- 20. Whenever possible, replace highly processed grains, cereals, and sugars with minimally processed _____ products.

Down

- 1. They are found in salmon, tuna , mackerel, cauliflower and flaxseeds
- 2. “Man-made” oil, human bodies are unable to identify what it is nor excrete it- stays within the body.
- 3. a guide that tells how much and what kinds of food to eat for meals and snacks
- 5. the essential nutrient that serves as a storage depot for energy and helps transport fat-soluble vitamins in the blood
- 6. The essential nutrient that provides energy

- 8. _____ proteins come from animal sources and contain all the essential amino acids that the body needs
- 9. Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a _____ product.
- 10. All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the _____ food group.
- 11. Foods made from milk that retain their calcium content are part of the _____ group.
- 13. Any fruit or 100% fruit _____ counts as part of the Fruit Group.
- 14. the units of energy contained in food and beverages