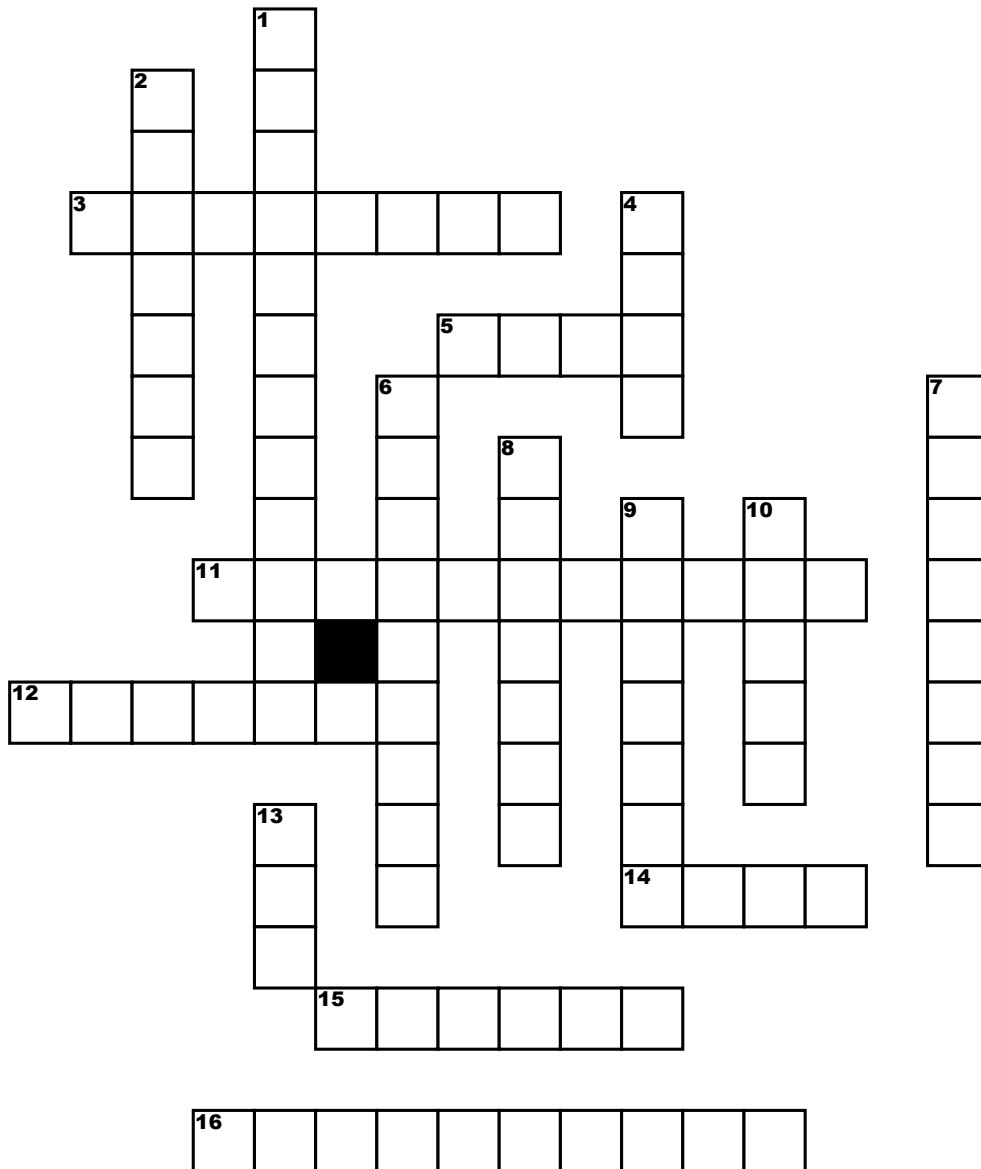


Name: _____

Nutrition



Across

3. A deficiency of thiamine (vitamin B1) in the diet causes _____.

5. How many calories should you eat per day?(written in number form)

11. What fats are good for you?

12. Consuming fewer than 130 grams of carbohydrate per day may lead to _____.

14. Where do we get most of our protein from?

15. The leading source of antioxidants in the U.S. diet?

16. Nondigestible food ingredients that stimulate the growth and activity of certain bacteria in the colon are called _____.

Down

1. Fruits, Vegetables and cereals are sources of _____.

2. What is a type of good fat?

4. An Average person consumes how much sodium?(number form)

6. Bananas are a good source of _____.

7. One of the fat-soluble vitamins involved in coagulation is _____.

8. What foods contain protein?

9. Which mineral keeps your bones/teeth strong?

10. What is one of the organs that Vitamin A keeps healthy?

13. How many carbs should you eat per day? (number form and in grams)