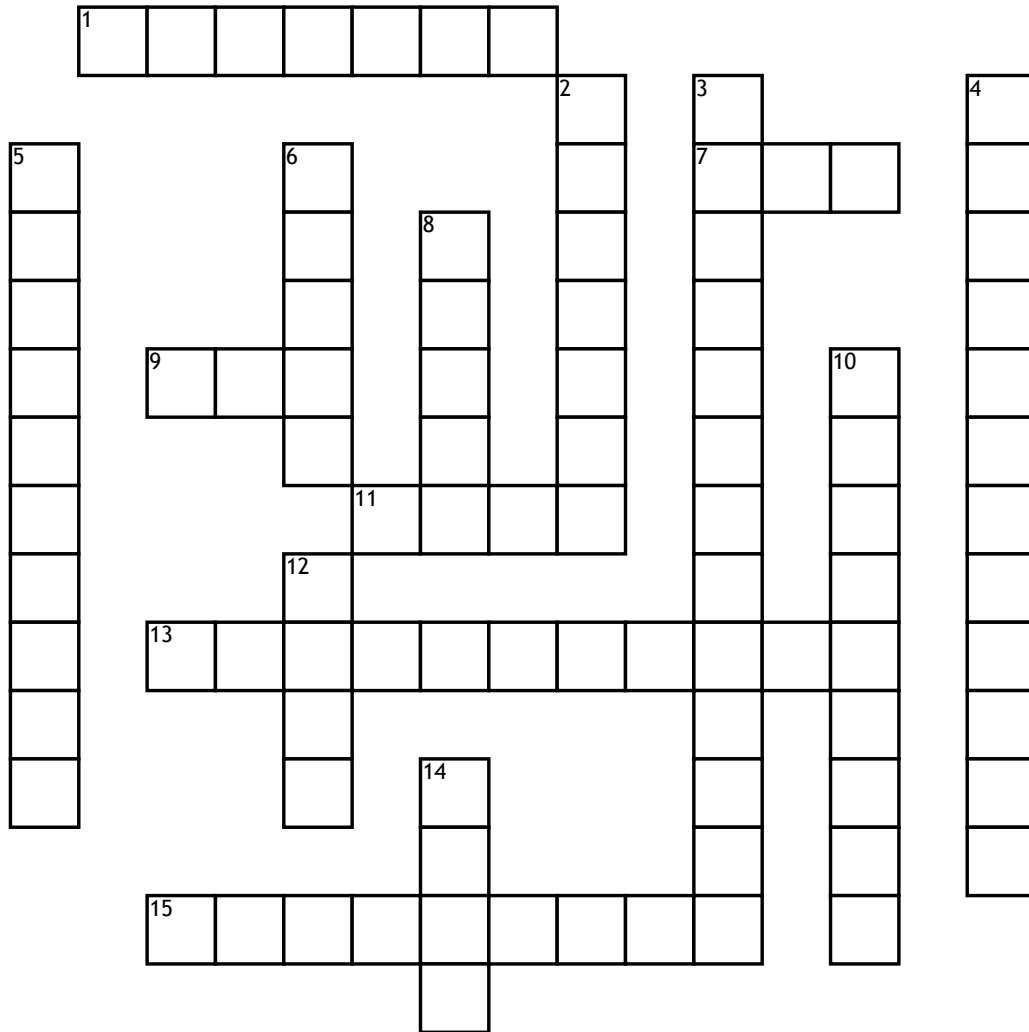


Nutrition



Across

1. American Heart Association recommends 45-65% of calories should be this type of carbohydrate
 7. One factor that influences how many calories will be used by a person
 9. Factor that influences how many calories will be used by a person
 11. Found in the center of the heme portion of hemoglobin

Word Bank

Depression

Fiber

Malnutrition

Water

Good

Complex

13. One benefit of complex carbohydrates is reduced blood
 15. Often lost along with water

Down

2. Essential for tissue repair and healing
 3. Ready source of energy for the body
 4. Poor tissue healing and pressure injuries are a sign of
 5. Social Risk factor affecting nutrition in the elderly

6. Makes you feel fuller longer
 8. Most adults require 2000-3000 mL of this fluid each day

10. Risk for aspiration
 12. High-density lipoprotein is considered what type of cholesterol
 14. Physiologic risk factor affecting nutrition in the elderly

Carbohydrates

Age

Iron

Age

Nutrients

Protein

Cholesterol

Paralysis

Pain