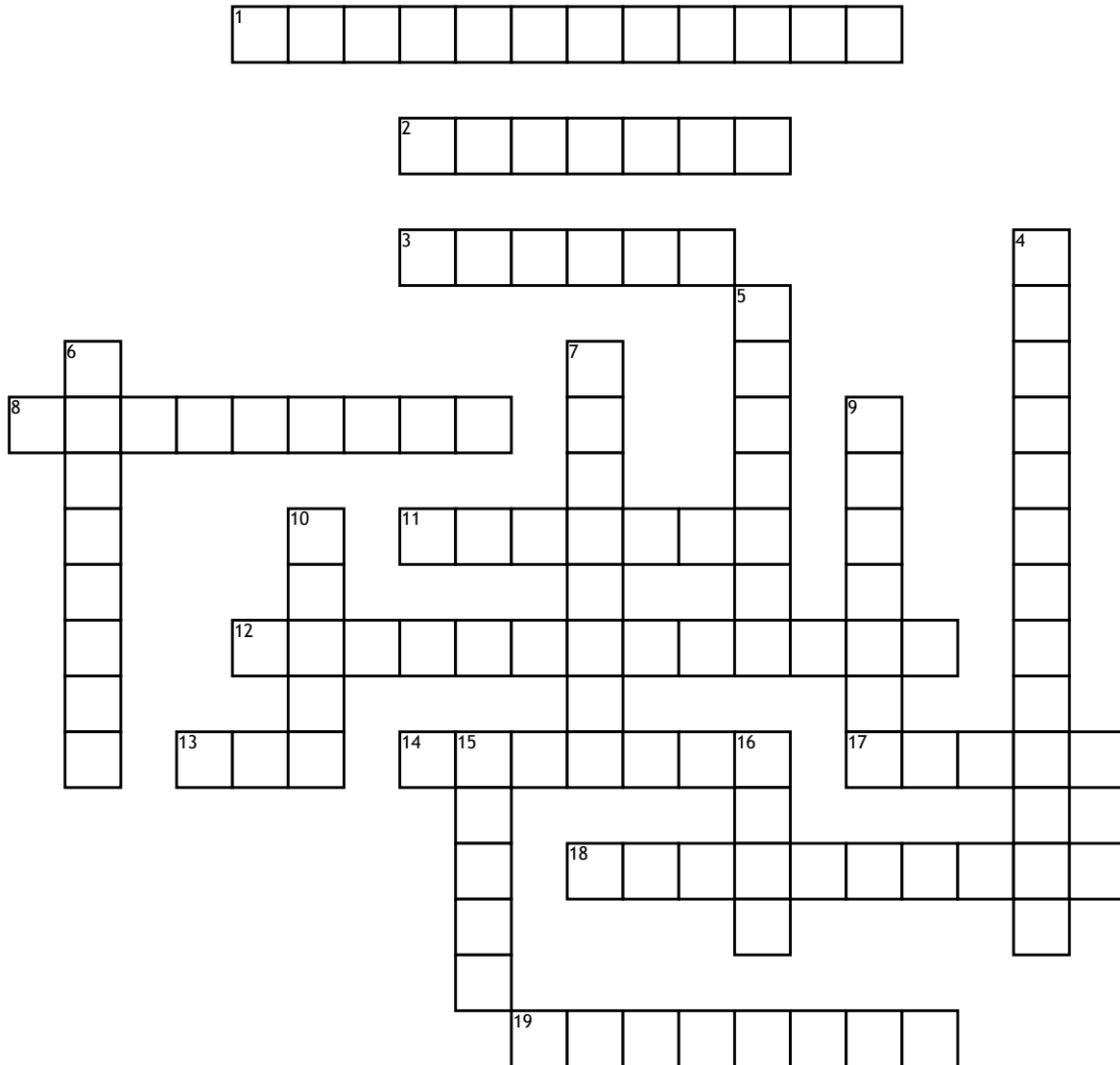


Name: _____

Date: _____

Nutrition Crossword



Across

1. The word that describes glucose levels after long periods of carbohydrate restriction
2. The hormone that lowers blood glucose levels in the blood
3. Pumpkins originated 9000 years ago in what country?
8. This food item was first made in Connecticut
11. Main source of energy for the brain

12. What is Connecticut's state insect

13. Number of layers in an enriched grain
14. This food contains high amounts of vitamin C
17. The place where carbohydrate breakdown begins
18. Can be an effect of long periods of restricted intake
19. The stored form of glucose

Down

4. A condition that can be a result of long periods of purging and laxative abuse

5. Composed of a long chain of amino acids

6. Capital of Connecticut
7. The hormone that stimulate the release of stored glucose from the liver?
9. Mineral that works closely with Vitamin D
10. Number of macronutrients
15. What family are almonds a part of?
16. A bunch of bananas is called what?