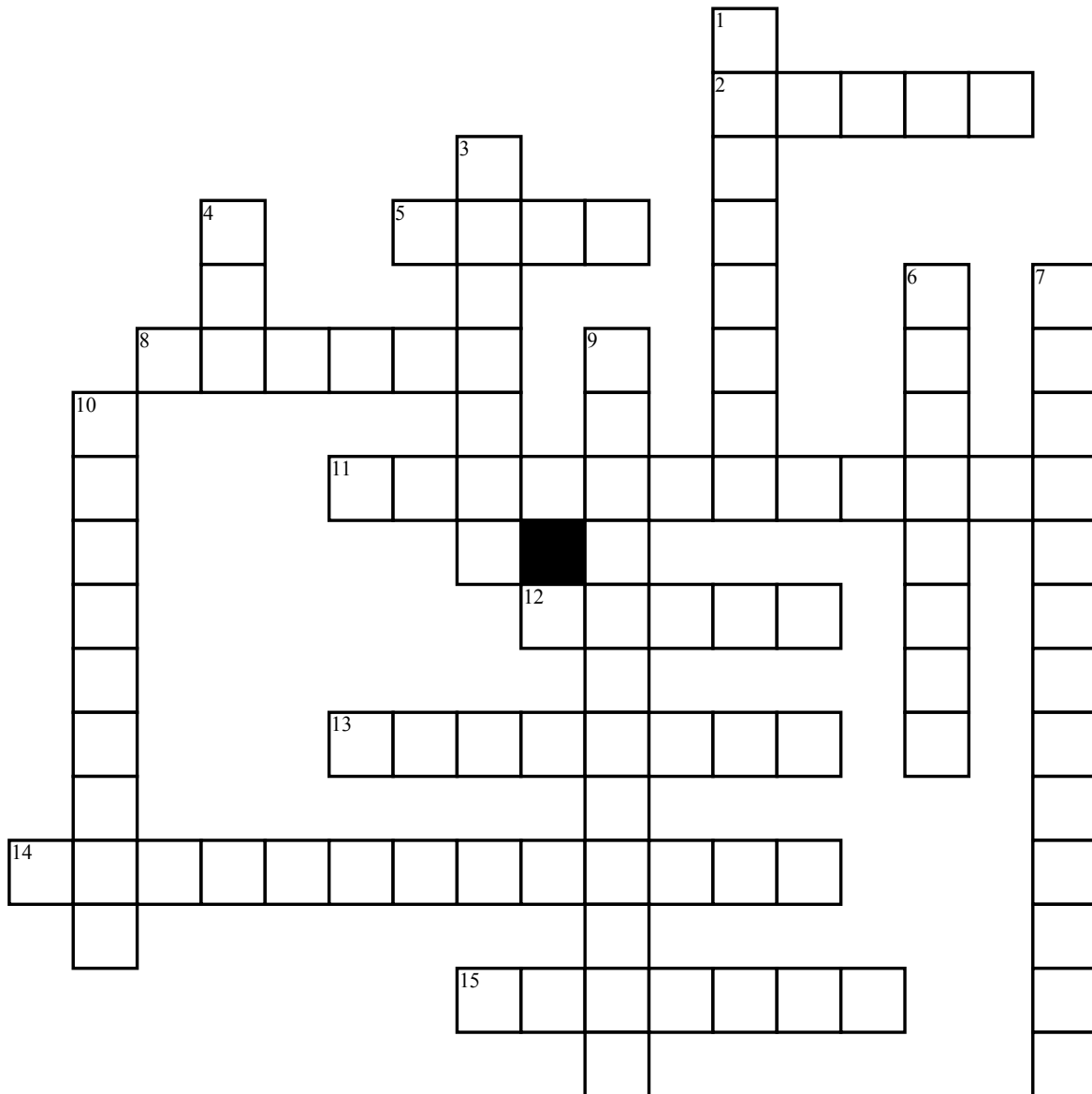


Nutrition Crossword



Across

- 2. How many hours of sleep should you get?
- 5. How many calories are in a gram of fat?
- 8. What is the leading source of antioxidants in the US diet?
- 11. What can a diet high in saturated fat result in?

- 12. What is the only fat-soluble antioxidant synthesized in the body?
- 13. What is a good source of Vitamin D?
- 14. What type of nutrients are the best source of energy?
- 15. What is the active form of Vitamin A?

Down

- 1. What does a deficiency of Thiamine cause?

- 3. What is calcium?
- 4. How many liters of water should you drink a day?
- 6. What does the USDA diet advise to limit?
- 7. What is excessive sugar in the blood?
- 9. What are fruits and veggies the source of?
- 10. What is not a good source of Vitamin C?