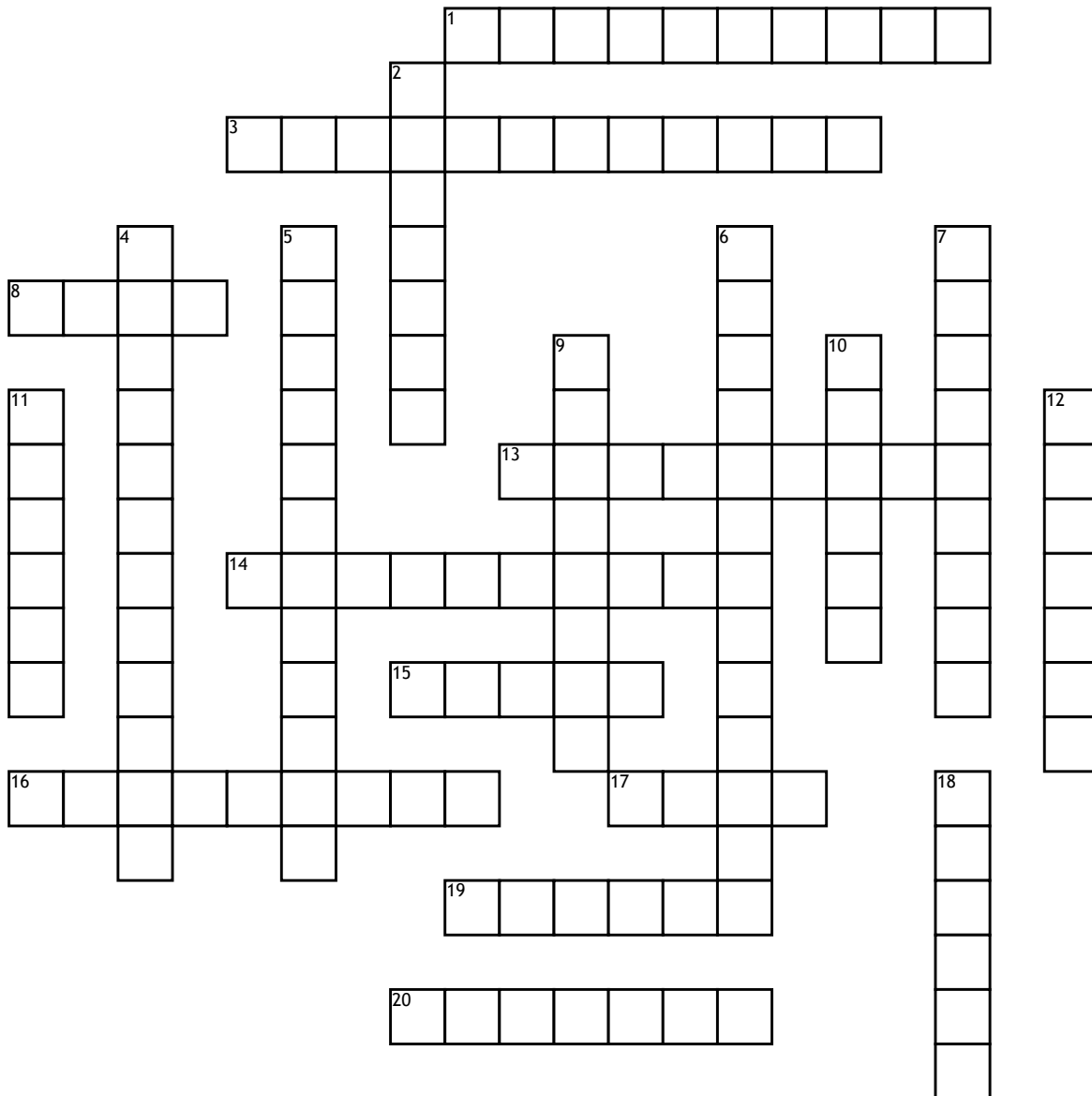


# Nutrition Crossword



## Across

1. There are nine essential  
 3. The energy in food is called  
 8. The element found in whole grains, nuts and legumes  
 13. These microorganisms cause most food borne illnesses  
 14. scurvy is caused by vitamin d  
 15. Its recommended to drink 8 cups a day of  
 16. Your body requires 45 essential

17. The type of nutrient that supplies the most energy  
 19. Vitamins are found in fruits, vegetables, and  
 20. Meat and poultry are high in  
**Down**  
 2. Athletes should get energy from carbs that are  
 4. Some vitamins are also  
 5. This slows the body's absorption of glucose  
 6. These provide energy for brain cells

7. Your body obtains nutrients through  
 9. A disorder that deals with problems controlling blood glucose levels  
 10. Iron deficiency is called  
 11. All of these contain dietary fiber  
 12. Single sugar molecules  
 18. Fats are also known as