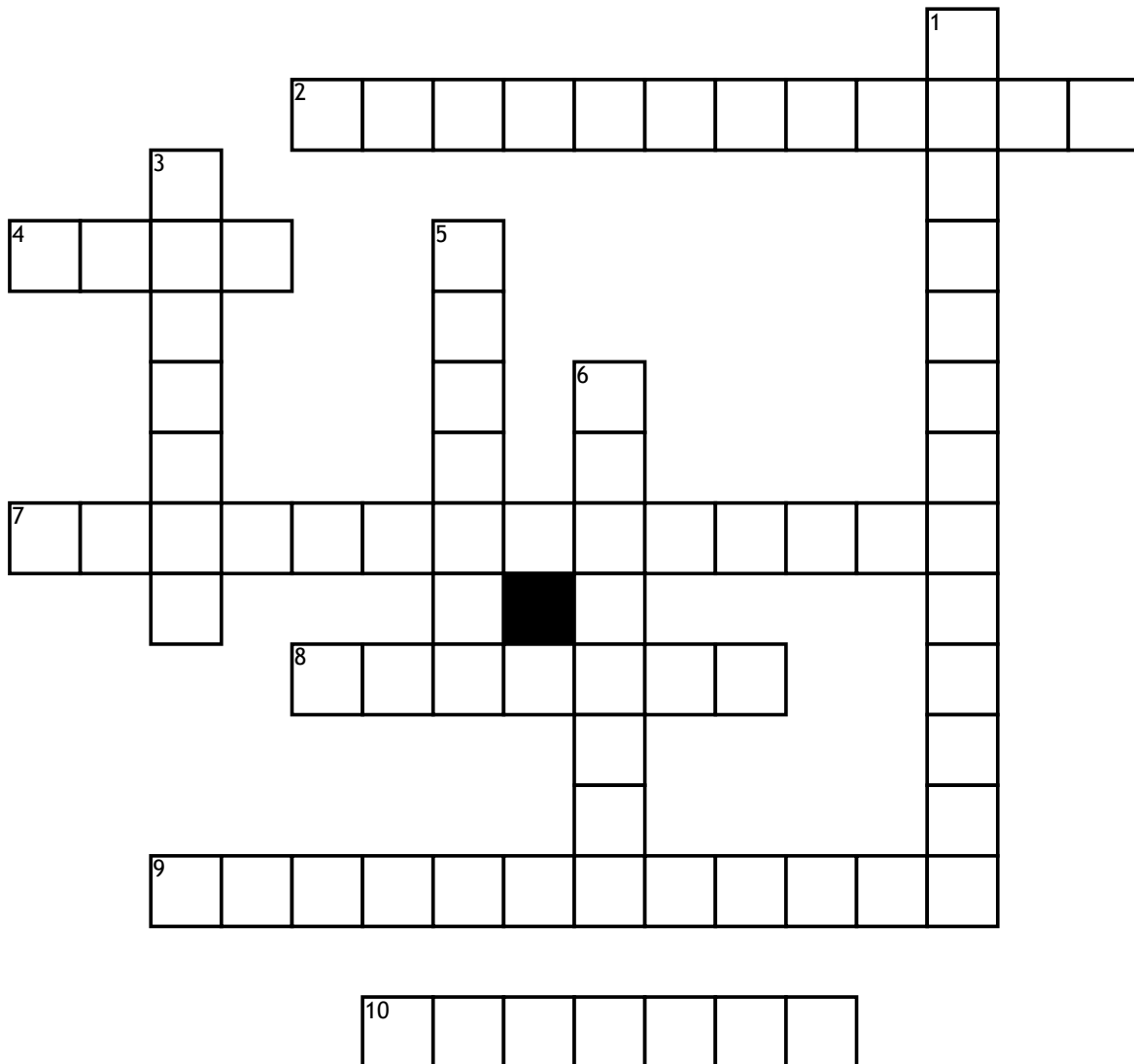


Nutrition Crossword Puzzle



Across

- 2. A condition, also known as high blood pressure, in which blood pressure remains elevated over time.
- 4. Fats that are liquid at room temperature.
- 7. What kind of fat comes from nuts and olive oils
- 8. A condition marked by an abnormally high, unhealthy amount of body fat.
- 9. This type of fat has its major sources as animal products (e.g., meats and dairy products) and tropical oils (e.g., coconut and palm oils).
- 10. The current nutrition guide published by the USDA Center for Nutrition Policy and Promotion, a food circle depicting a place setting with a plate and glass divided into five food groups.

Down

- 1. An essential nutrient, such as a trace mineral or vitamin that is required by an organism in smaller amounts.
- 3. A simple form of sugar that acts as the body's fuel.
- 5. A unit commonly used to measure energy content of foods and beverages as well as energy use (expenditure) by the body.
- 6. A substance in food that contributes to growth and health; provide energy, cell building and structural materials, and agents that regulate body chemistry.