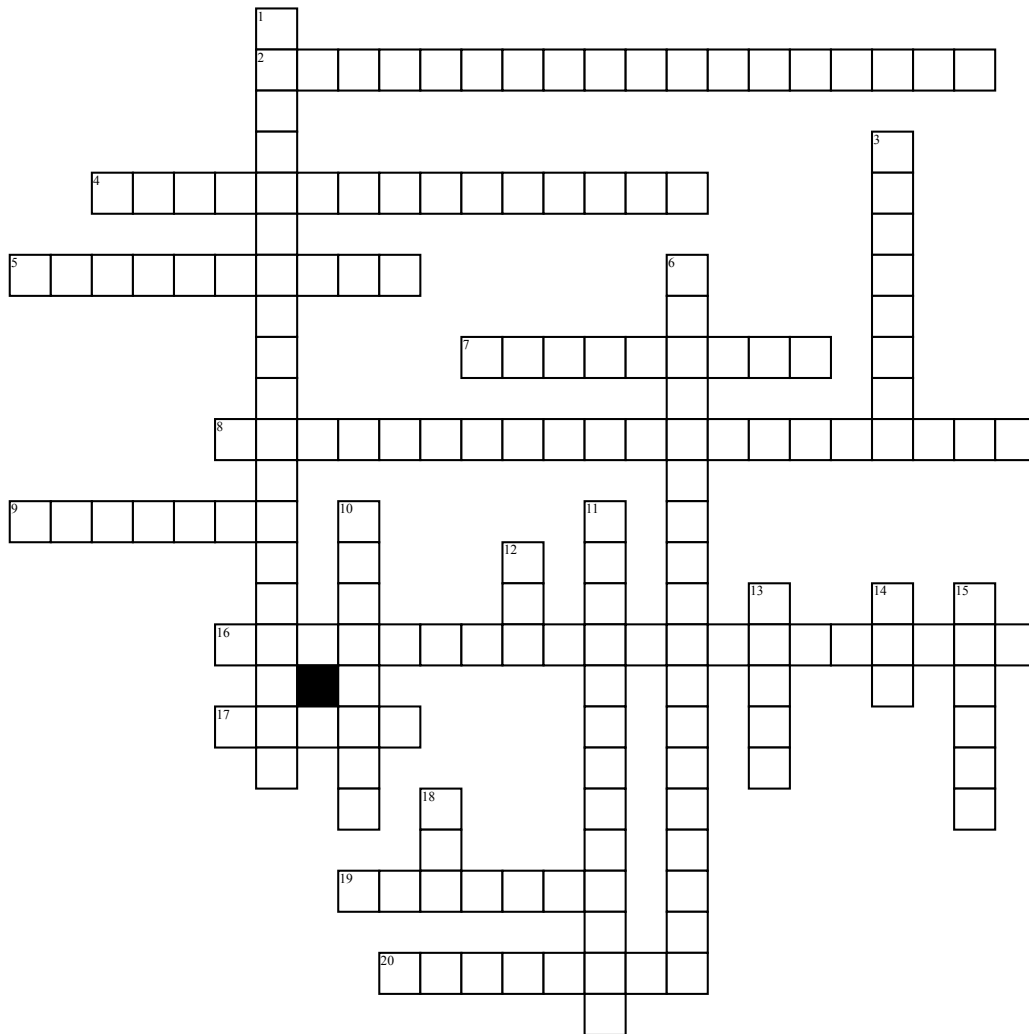


# Nutrition Crossword Puzzle



**Across**

- 2. Missing one or more amino acids
- 4. Contains all nine amino acids
- 5. Body makes eleven but needs twenty so you have to get the other nine from foods
- 7. The unit is called \_\_\_\_\_
- 8. Starches in foods
- 9. Over weight
- 16. Dissolve in body's water ex: C, B, Folic Acid

- 17. A type of vegetariaian that only eats leafy greens or vegetables
- 19. A eating disorder when you eat food and then you throw it up to not gain weight

- 20. Replaces old cells with new ones

**Down**

- 1. Sugars in foods
- 3. Not eating because you are scared to gain weight and you already think you are over weight

- 6. Absorbed and stored in the fat ex: A, D, E, and K

- 10. Body can not make these, must get from environment
- 11. The starches and sugars in foods
- 12. Cholesterol that blocks arteries
- 13. An indigestible complex carbohydrate
- 14. Body Mass Index
- 15. Lack of iron causes \_\_\_\_\_
- 18. Cholesterol that clears arteries

**Word Bank**

- |                       |                        |                      |                      |
|-----------------------|------------------------|----------------------|----------------------|
| Complex Carbohydrates | Incomplete Protiens    | Complete protein     | Anemia               |
| Vegan                 | Protiens               | Fat Soluble Vitamins | Simple Carbohydrates |
| Amino Acids           | Minerals               | HDL                  | LDL                  |
| Carbohydrates         | Water Soluble Vitamins | Nutrition            | Bulimia              |
| Anorexia              | Fiber                  | Obesity              | BMI                  |