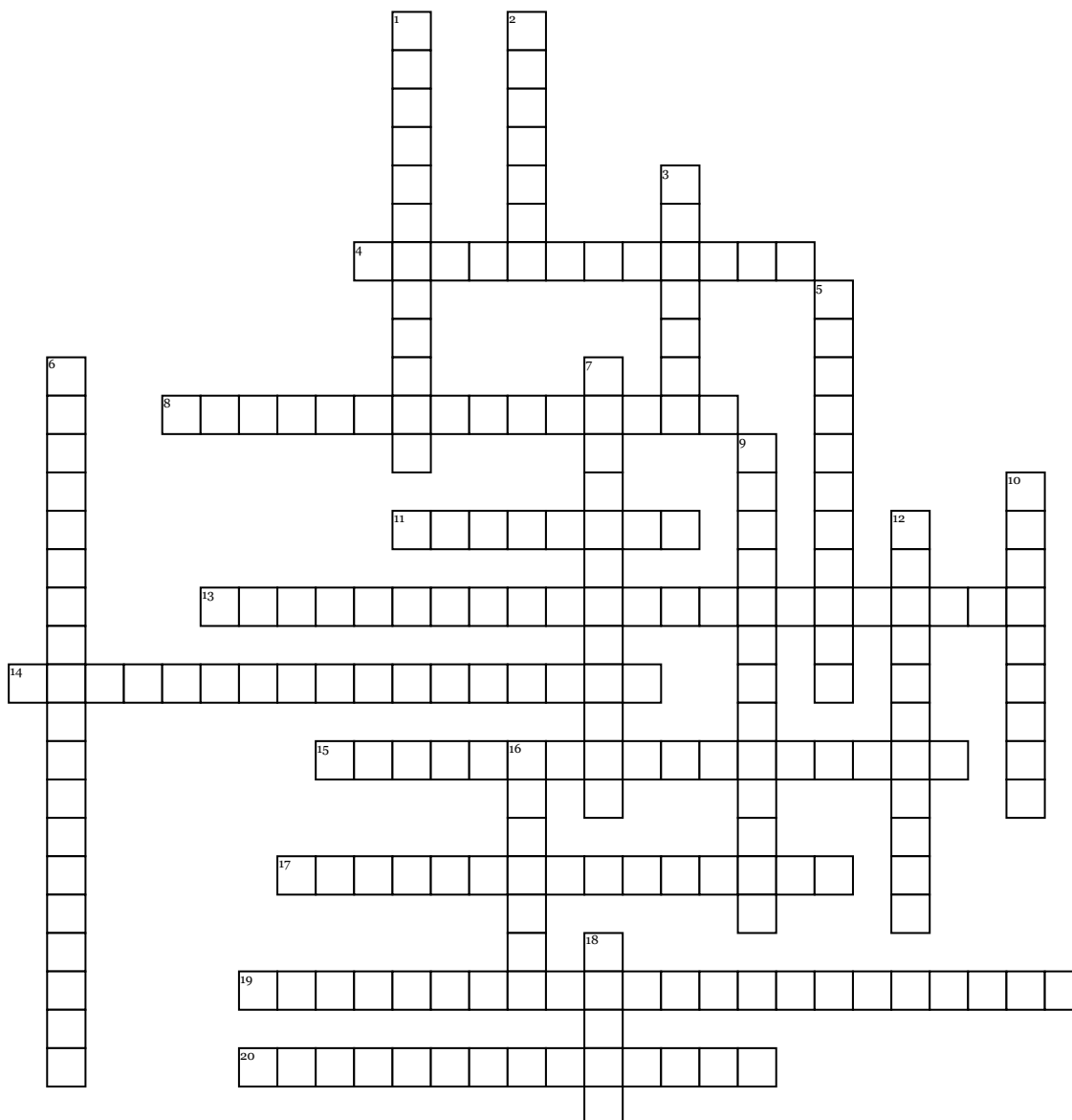


Nutrition and food safety



Across

- 4.** A carbohydrate sweetener that is separated from its natural source for use as a food additive.
- 8.** The isolated, non-digestible carbohydrates that have beneficial effects in human health.
- 11.** An inorganic element needed in small amounts as a nutrient to perform various functions in the body.
- 13.** A lipoprotein that picks up cholesterol from around the body and transfers it to other lipoproteins for transport back to the liver for removal from the body.
- 14.** A vitamin, specifically vitamin A, D, E, or K, that dissolves in fats.
- 15.** A protein that is missing or short in one or more of the indispensable amino acids.

- 17.** A protein that contains all the indispensable amino acids.

19. The amino acids the body can make for itself.

20. Health-enhancing non-nutrient compounds in plant foods that are active in the body at the cellular level.

Down

- 1.** A food that has had vitamins and minerals added back that were lost in the refining process.
- 2.** A hormone secreted by the pancreas to regulate blood glucose level.
- 3.** A monosaccharide that circulates in the bloodstream and serves as the body's main source of energy.
- 5.** A white, waxy lipid made by the body that is part of every cell. Cholesterol is also found in foods of animal origin.

6. A polysaccharide. Starch and fiber are complex carbohydrates.

7. The non-digestible carbohydrates and lignins that make up the tough, fibrous cell walls of plants.

9. One of the six classes of nutrients that includes sugars, starches, and fibers. Carbohydrates are the body's main source of energy.

10. One of the building blocks of protein molecules.

12. A substance that reacts with free radicals (unstable single oxygen molecules) to protect other substances from harmful effects of the free radicals.

16. An energy-yielding nutrient composed of carbon, hydrogen, oxygen, and nitrogen.

18. A group of compounds that includes triglycerides (fats and oils), phospholipids (lecithin), and sterols (cholesterol).