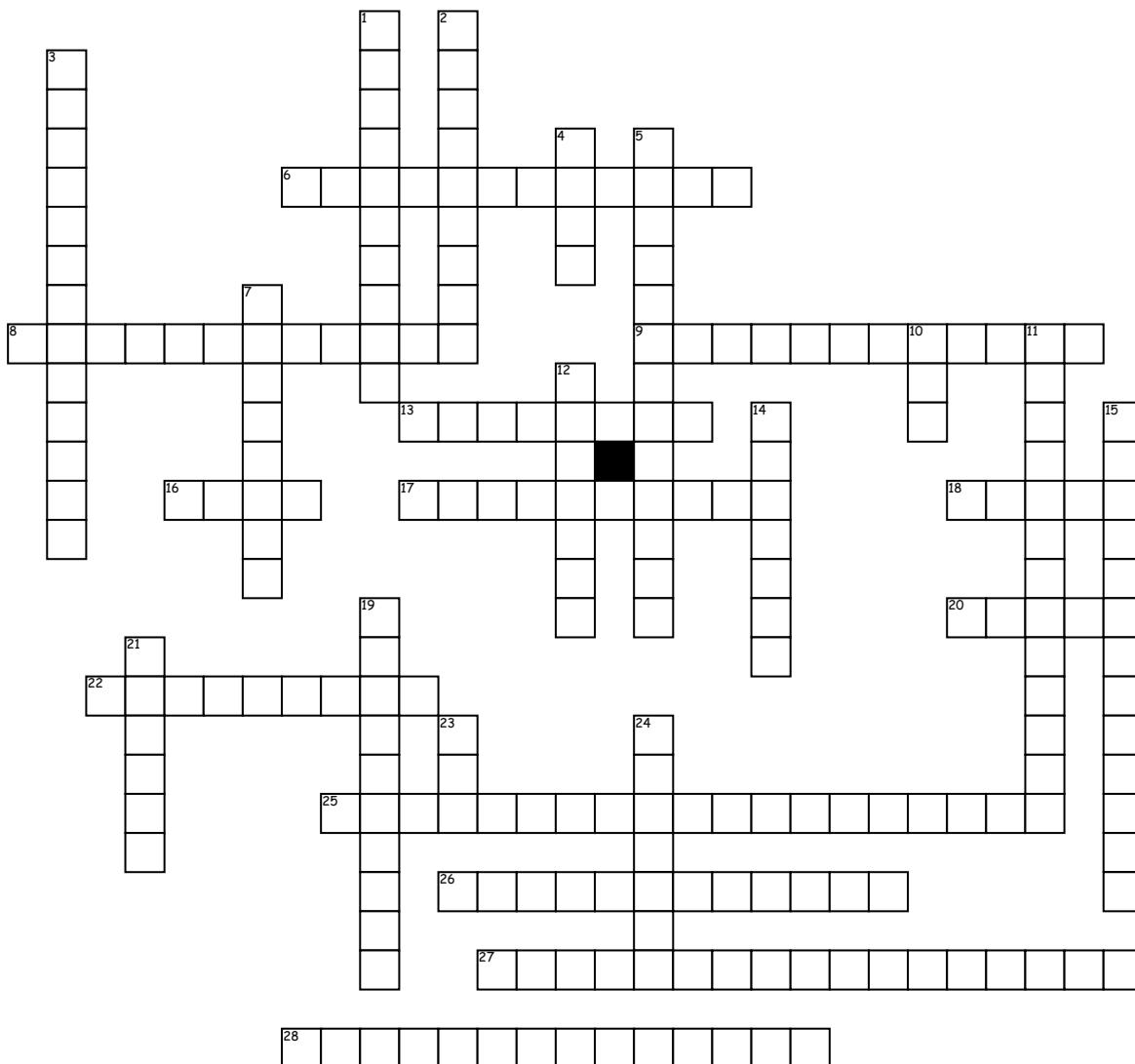


Name: _____

Nutrition



Across

6. Byproducts of digestion and toxins found in the environment
8. This antioxidant is found in berries and fights inflammation
9. Vitamins and other nutrients that help protect cells from the damaging effects of free radicals
13. The amount of energy in a food or drink
16. One of the main determinants of health
17. Found in oily fish, walnuts, and oysters only 2-3% of Americans get enough of this fat
18. "The deeper and richer the _____, the more phytochemicals, vitamins, and minerals present in the food."
20. The other recommended way to buy fruits and veggies
22. Man-made fats that are used to improve shelf life; poisons
25. Plant-based fats that are liquid at room temperature

26. Very powerful cancer fighting antioxidant found in broccoli

27. Interference of fuel storage and energy production

28. These are only found in plant-based foods

Down

1. Food is considered this when it is made with whole, unprocessed grain

2. Brain cells "grow" these; composed mainly of DHA

3. Key word that lets someone know there is trans fats in a product

4. The least amount of servings you should have daily of veggies

5. "Four legged fats" that stimulate the liver to produce more fat

7. Very smelly antioxidant; found in tomatoes

10. Brain's most prized and high quality building material

11. Blood fat

12. This type of food is derived from living matter

14. The fat-storing hormone released from the pancreas

15. The primary determinant of metabolic health

19. Every chemical process of every single cell in your body

21. One of two recommended ways to buy fruits and veggies

23. The number of servings you should have daily of fruit

24. The opposite of man-made or factory produced