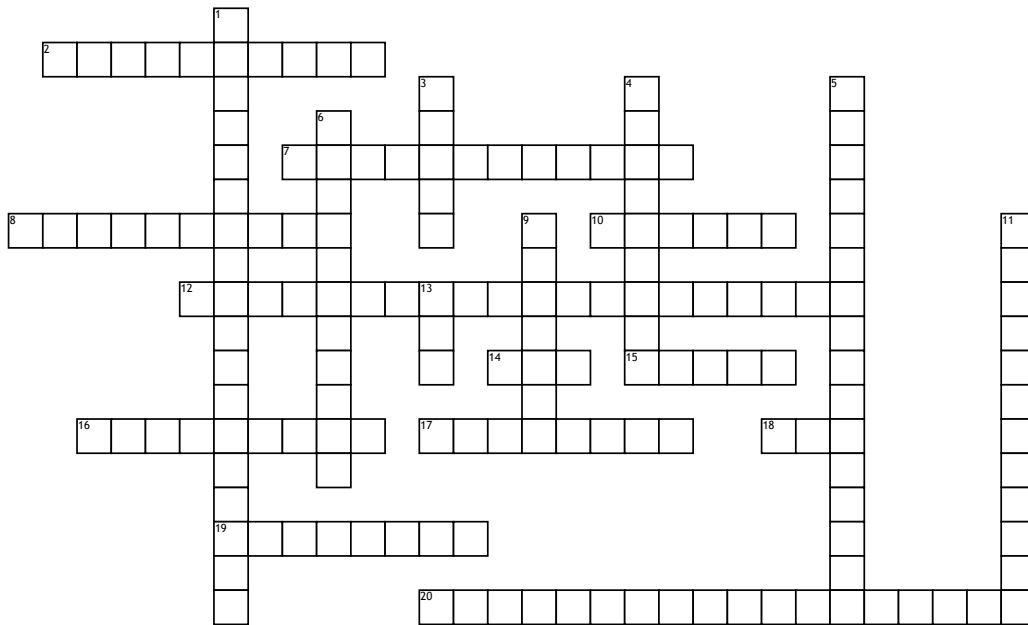


Nutrition supplement Extra Credit



Across

- 2. Proteins are made of long chains of substances called _____?
- 7. Muscles, skin, hair and fluids are used to calculate the _____?
- 8. A lack or shortage of something is called _____?
- 10. Condition that develops when your blood lacks enough healthy red blood cells or hemoglobin is called _____?
- 12. Vitamins that dissolve in body's water are called _____?
- 14. The ratio of height and weight is used to determine the _____?
- 15. A fatty substance that does not dissolve in water is called _____?

- 16. The process by which the body takes in and uses food is called _____?
- 17. A dose many times larger than the usual, especially of a vitamin or drug is called a _____?
- 18. Good type of cholesterol that clears blocked arteries is called _____?
- 19. A desire rather than a need to eat is _____?
- 20. Vitamins A,D,E,K are known as _____?

Down

- 1. The number of calories you need each day just to maintain basic body functions is the _____?

- 3. _____ is an indigestible complex carb.
- 4. Another word for absolutely important is _____?
- 5. _____ is a type of dietary supplement that contains herbs plant ?
- 6. To Absorb or cause to absorb moisture after dehydration is called _____?
- 9. An eating disorder in which a large quantity of food is consumed in a short period of time is called _____?
- 11. Starches in foods are called _____?
- 13. Bad type of cholesterol that sticks to the wall of arteries is _____?

Word Bank

- | | | | |
|-------------------|----------------------|----------------------|------------------------|
| Lean Body Mass | LDL | Re-hydration | Lipid |
| Fiber | Fat soluble Vitamins | Anemia | Bulimia |
| Herbal supplement | Essential | Basal Metabolic Rate | Appetite |
| HDL | BMI | Deficiency | Water soluble Vitamins |
| Nutrition | Complex Carbs | Amino Acids | Megadose |