

Name: _____

Date: _____

Spotlight on Sugar

W O F L M M Z U D O J S S V O R Y F T D G T B L
J S M R A Y S E O A D D B B W L M K A M H W U B
E E Z L Z U P A O Z K I L U X U E D B W O E I L
E S J I G J R L F O Z G O T W H U E L W R N L M
W S B A M N S V D F T E O D C B J D E N V T D O
T E R E K W E W E E Y S D Q O M C S S F R Y U X
A C I M F E E T S S A T S D M P M S U X S F P U
D O R K E K N I S I D I T A P H E V G E T I I P
O R R Y T M P S E M I V R P L C D F A Z V V N R
D P T W A Z P S C P P E E U E V Z T R F B E T O
N C S O R W R U O L O T A C X X I W I K P G H C
O I N J D A W E R E S R M R S Y S V E E J R E E
I T C M Y T F S P S E A Z A T K E I J M S A L S
T A F N H A U J N U T C Y A A G U Q K A U M I S
A M Y Y O U L Y U G I T E V R X B U J U J S V E
R Y E O B B J I O A S Y V A C B Y P D S N S E D
E Z C D R Z R D K R S K M I H H N D D U U A R F
D N T E A X D O U S U S C S E U G T F T T S I O
O E N H C V Y A H Z E U U U S Z J B X W R A X O
M G L U C O S E C O N C E N T R A T I O N Q B D
H H Q V R Y S T U K B R E T E E W S H E L Z H S
R S G G X T Z I J S R A T C E N E V A G A J X K
L C K Q E X D A V Z G L U C O S E D S H T B L C
D S E T A R D Y H O B R A C E L B I T S E G I D

DIGESTIBLE CARBOHYDRATES
ENZYMATIC PROCESSES
COMPLEX STARCHES
ADIPOSE TISSUE
CARBOHYDRATE
FIVE GRAMS
SWEETER

GLUCOSE CONCENTRATION
UNPROCESSED FOOD
DIGESTIVE TRACT
SIMPLE SUGARS
TABLE SUGAR
MODERATION
GLUCOSE

BUILD UP IN THE LIVER
TWENTYFIVE GRAMS
PROCESSED FOOD
AGAVE NECTAR
BLOODSTREAM
TISSUES
SUGAR