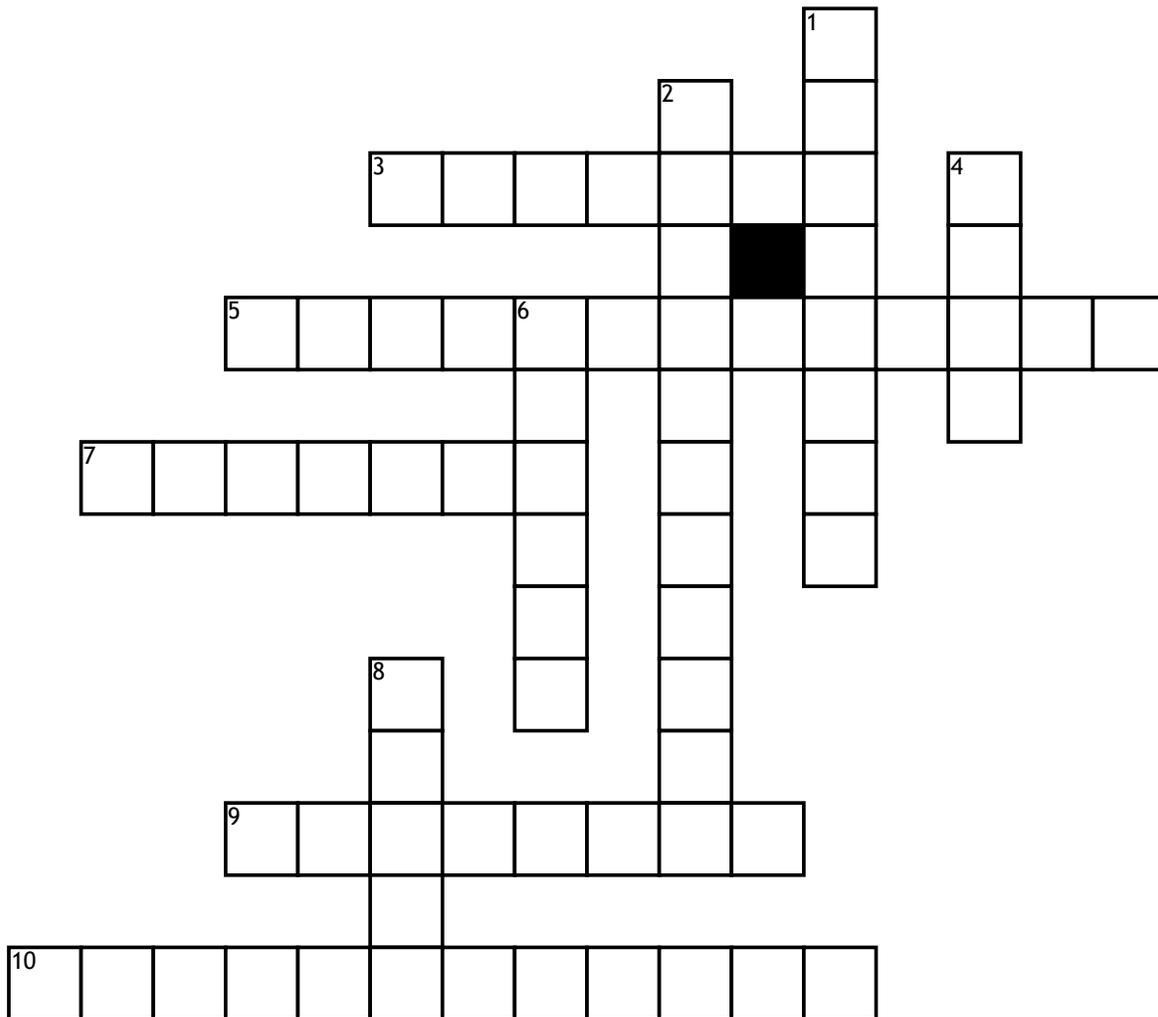


The Role of Nutrition



Across

3. This nutrient is needed to maintain and rebuild muscle tissue
5. The body's preferred energy source
7. Carbohydrates are digested into this simple sugar
9. Cannot be synthesized by the human body
10. Controls and maintains proper rate of fluid exchange in the body

Down

1. Water is an excellent source of this nutrient
2. Excessive loss of water in the body
4. This nutrient is responsible for regulating metabolism
6. Family of fatty acids found in oily fish
8. The medium for transporting nutrients to muscles