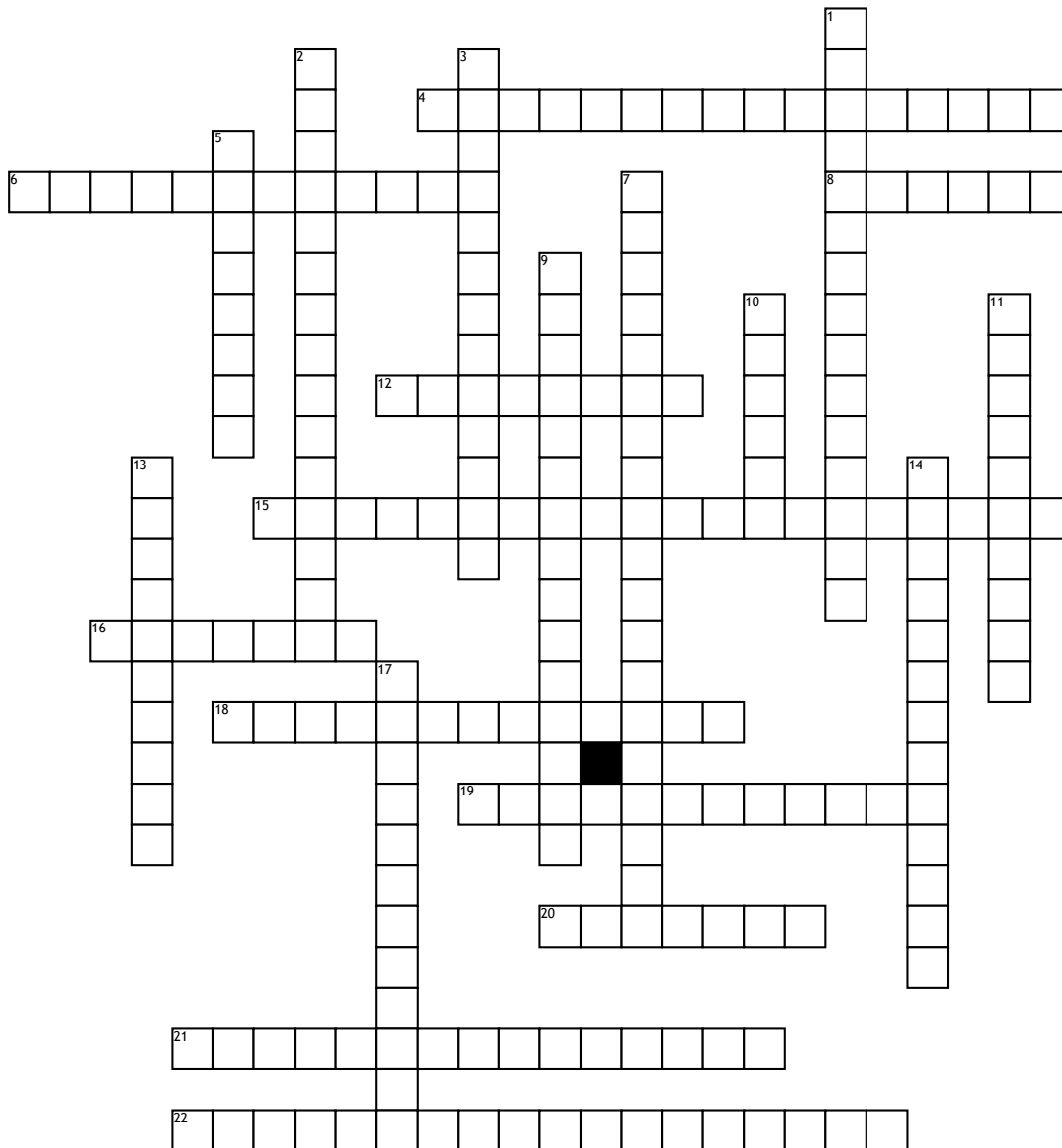


# Vocabulary 6



## Across

4. What has a lack of or an inability to use the hormone insulin?  
 6. What refers to a low blood glucose level?  
 8. What are mono- and disaccharides collectively referred to as?  
 12. What is produced in the body and released into the bloodstream?  
 15. What includes starch and fiber?  
 16. What is called the blood sugar?  
 18. What is a measure of the speed at which various carbohydrates?  
 19. What cannot be digested by human enzymes?

20. What helps the body lower blood glucose back to a normal level?

21. What are isolated, non digestible carbohydrates that have been proven to have beneficial effects on human health?  
 22. What is an inability to digest lactose?

## Down

1. What is a carbohydrate that is made up of many sugar units?  
 2. What provides Health benefits beyond basic nutrition?  
 3. What is made up of two sugar units?  
 5. What is stored from the glucose?

7. What produces natural sugars in fruit, vegetables, and milk.

9. What is composed of single sugar units?  
 10. What is a polysaccharide that is the stored form of energy plants?  
 11. What is concentrated source of nutrients?  
 13. What is the sum of dietary and functional fibers in a food?  
 14. What is one of the six essential nutrients and that is also a major source of energy?  
 17. What is another word for tooth decay?