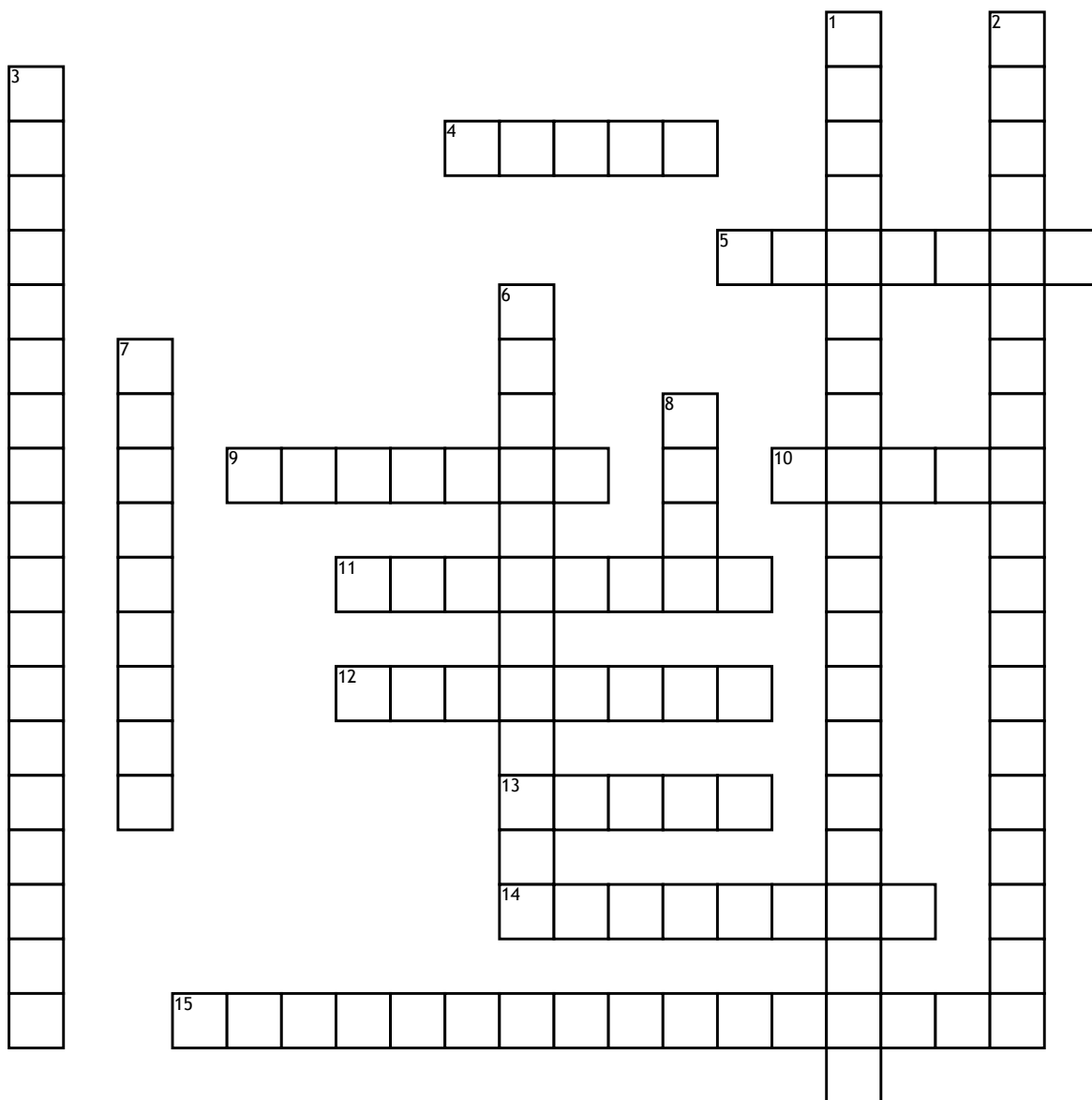


# nutrients



## Across

4. helps food through the body

5. oat bran and grains

9. mostly found in dairy products

10. H<sub>2</sub>O

11. found in fruits and veggies

12. regulate nerve function

13. provides no energy

14. process fat that is found in food

15. fish, meat, poultry, and eggs

## Down

1. pastas, grains, and cereal

2. natural fruits, veggies and milk

3. veggies, grains, nuts and dry beans

6. natural fat found in animals

7. outer coating of whole grains

8. too little can have low numbers