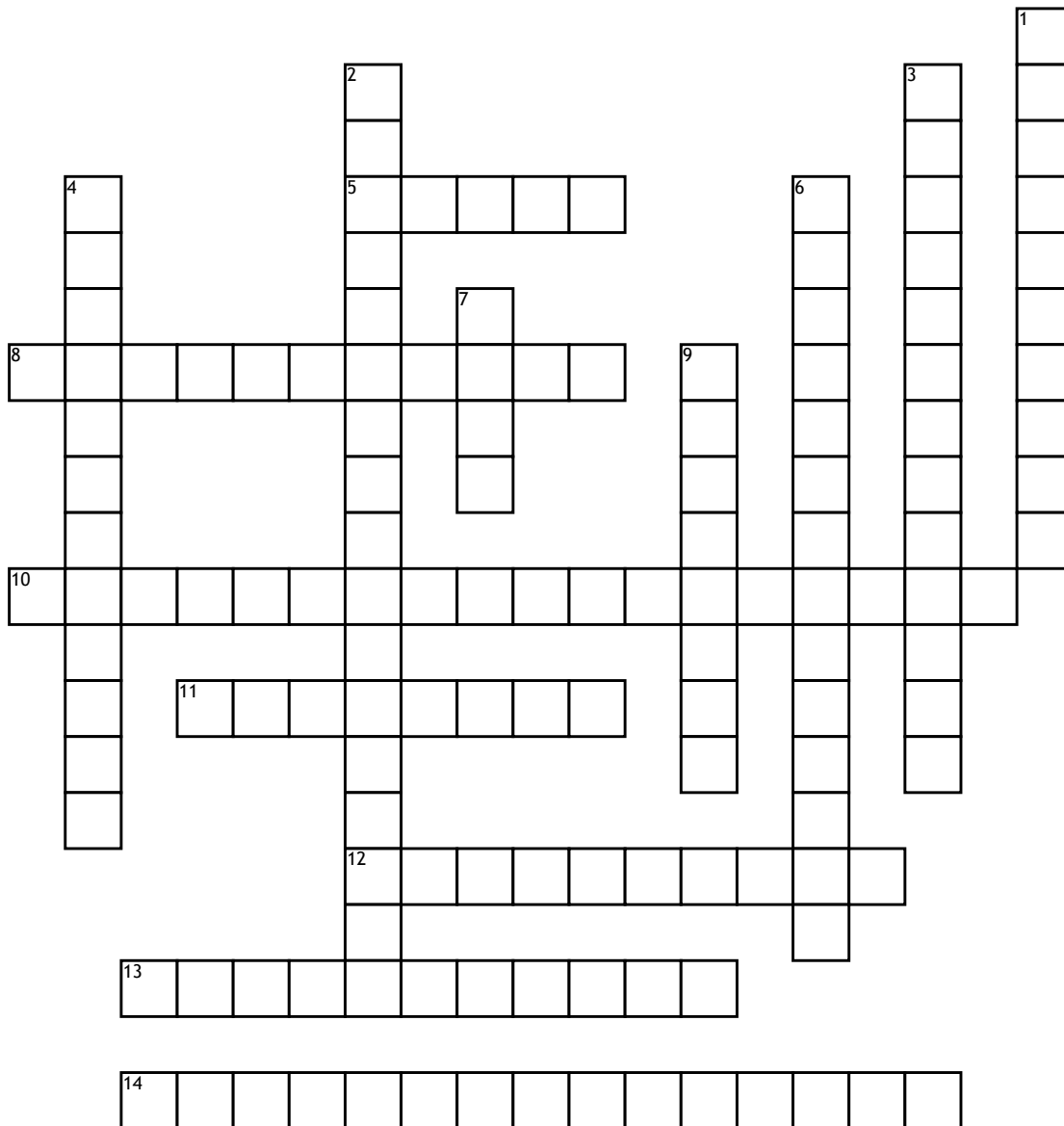


nutrition



Across

5. _____ is a form of complex carbohydrates from plants that humans cannot digest.

8. an _____ is a substance that prevents or slows damage caused by chemical reactions.

10. a purified nutrient or nonnutrient that are manufactured from a natural source.

11. getting an excess of some nutrients can result in?

12. scientists have found 20 _____ that are important to the human body.

13. _____ is a fatlike substance found in every cell in the body.

14. hydrogenation creates _____, or trans fats.

Down

1. _____ are chemical chains that contain carbon, hydrogen and oxygen atoms.

2. failure to enough nutrients may result in?

3. _____ adds hydrogen atoms to unsaturated fatty acids in liquid oils.

4. 1. what is a lack of right proportions of nutrients over a period of time?

6. a source of added nutrients in a diet aside from supplements is _____.

7. _____ are important energy sources.

9. _____ are chemical compounds that are found in every body cell.