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6 main nutrients

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| **Across**  **3.** beef, chicken, pork, eggs,milk,cheese,yogurt,sour cream, cream cheese and butter all contain what type of fat?  **5.** what part of your body does water hydrate?  **8.** other than drinking water, what food group can you get the MOST water from?  **11.** when considering the six nutrients... it is important to maintain a...  **12.** out of all the six nutrients which one is exemplary of Milk?  **13.** an example of a food item high in trans fat is?  **16.** what type of mineral strengthens bones and teeth?  **17.** Carbohydrates are usually found in what type of product?  **18.** packaged foods have a high content of what?  **19.** what nutrient helps with tissue repair and growth?  **20.** which nutrients protects organs?  **22.** what source does Complete proteins/fat come from?  **23.** which vitamin assists in bone development?  **24.** Iron is an example of a?  **25.** if you drink soda excessively what mineral deficiency could you get over time?  **26.** plant sources of essential nutrients are sometimes refereed to as an? | **Down**  **1.** other than from the food you eat, what is another form of vitamins and minerals?  **2.** what source does incomplete proteins/fat come from?  **4.** the mineral, calcium is best found in which food group?  **6.** olive oil, canola oil, fish oil , soy bean , tree nut , peanus and avacodo all contain what type of fat?  **7.** Products with alot of sugar contain what type of nutrient?  **9.** OJ is a significant source of what vitamin?  **10.** folic acid is an example of a?  **14.** in our food and nutrition class, what beverage did we learn could cause a deficiency of essential nutrients?  **15.** this is not a nutrient because it does not get absorbed by the body.  **21.** what do carbohydrates,protein and fat all provide |

   Animal       Plant       Cookies       Organs       energy       Vitamin       Mineral       Alternative       Protein       Vitamin D       Vitamin C       Unsaturated fat       Saturated fat       Protein       Grain       Carbohydrates       Fibre       Calcium       Sodium       balance       fruits and vegtables       supplements       fat       Iron       Milk and alternatives       soda