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Chapter 10, lesson 2

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| **Across**  **2.** A condition where the bones become fragile and break easily.  **6.** Nutrients the body uses to build and maintain cells and tissues.  **9.** Elements found in food that are used by the body.  **12.** Moderate amounts may lower your risk of heart disease.  **13.** Something that helps regulates many body processes.  **14.** Waxy, fat like substance. In your blood it can build up on the insides of the arteries. | **Down**  **1.** A carbohydrate that the body cannot digest.  **3.** Consuming to much of this may increase your risk of heart disease.  **4.** Body's main source of energy.  **5.** Part of a compound in the red blood cells needed for carrying oxygen.  **7.** Can raise your total blood cholesterol level.  **8.** This mineral is in foods like dairy products, meat, and eggs.  **10.** Forms bones and teeth.  **11.** Sustains regular heartbeat, aids in bone groth and energy production. |