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FOOD AND NUTRITION BASICS

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| **Across**  **4.** FAT-LIKE SUBTANCE THAT IS PRESENT IN ALL BODY CELLS  **8.** SUGARS FOUND IN GRAINS  **16.** ALSO CALLED A SIMPLE CARBOHYDRATES  **18.** PEANUTS OIL, CANOLA OIL, OLIVE OIL  **20.** EXTRACTED FROM PLANTS TO SWEETENED FOODS  **21.** THE MAIN SOURCE OF CARBOHYDRATES  **22.** TYPE OF IRON FOUND IN BEEF LIVER, AND FORK LIVER  **23.** HELP THE BODY GROW, MAINTAIN AND REPAIR CELLS AND TISSUES  **24.** INCREASE LDL CHOLESTEROL  **25.** LOWER LDL CHOLESTEROL, INCREASE HDL CHOLESTEROL | **Down**  **1.** SUGARS FOUND IN MILK  **2.** CONDITION THAT RESULTS WHEN A PERSON DOES NOT GET ENOUGH IRON  **3.** THIS BULK HELPS TO MOE FOOD THROUGH THE LARGE INTESTINE, PROMOTING REGULAR\_\_\_\_  **5.** FOUND WHEN VEGETABLE OILS ARE PARTIALLY HYDROGENATED  **6.** PROTEIN ALSO PLAY AN IMPORTANT ROLE IN REGULATING THE BODY  **7.** MADE UP OF LARGE MOLECULES OF SIMPLE CARBOHYDRATES  **9.** FIBER WILL DISSOLVE IN WATER  **10.** SUGARS FOUND IN FRUITS  **11.** FIBER WILL NOT DISSOLVE IN WATER  **12.** NEEDS IRON FOR BODY TI BUILD WHAT?  **13.** TYPE OF IRON FOUND IN CANNED BEANS  **14.** MAIN SOURCE OF ENERGY  **15.** CHOLESTEROL CIRCULATES IN THE BLOODSTREAM IN CHEMICAL GROUPINGS CALLED?  **17.** CAN BE FOUND IN LEGUMES, SOME VEGETABLES AND GRAINS  **19.** FORM OF CARBOHYDRATES THAT DOES NOT PROVIDE THE BODY WITH ENERGY |