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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 |