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Notes 5 & 6

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| **Across****2.** disease-fighting nutrients in plant food**3.** protects bones from developing osteoporosis**7.** protect body cells and the immune system**10.** fatty acid that appear to lower LDL and raise HDL**11.** promotes healthy skin and normal cell growth**12.** picks up excess cholesterol and takes it back to the liver | **Down****1.** keep body tissues healthy and its systems working properly**4.** takes cholesterol from the liver to wherever it is needed in the body**5.** a fat-like substance present in all body cells **6.** fatty acid that appear to raise LDL**8.** foods that are low in calories and high in nutrients**9.** essential for making hemoglobin |