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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 |