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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Nutrient Crossword Puzzle

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| **Across**  **2.** This is one type of bad fat  **3.** Main source of carbohydrates is\_\_\_\_\_\_\_\_\_\_  **5.** Fat helps form coverings around this  **6.** Complex carbohydrates are \_\_\_\_\_\_\_ for your health  **10.** This is one type of lipoprotein  **13.** These are chemical building blocks that make proteins  **17.** Part of a system in your body  **18.** One of the animal sources of protein are  **20.** This type of iron is found in plant sources  **21.** Sugars found in fruits are called \_\_\_\_\_\_\_  **23.** This type of fiber reduces levels of cholesterol in the blood  **24.** This is one of the 2 types of proteins  **25.** Sucrose come mainly from sugar beets or \_\_\_\_\_\_\_ | **Down**  **1.** Sugars found in milk are called \_\_\_\_\_\_\_\_\_\_  **4.** Iron builds this substance that carries oxygen in your blood  **7.** Starches can be found in this  **8.** Fat acts as a \_\_\_\_\_\_\_\_\_\_\_  **9.** By eating too much fat, you can get this  **11.** This is not a fat  **12.** Proteins are used to make\_\_\_\_\_\_  **14.** One iron absorption inhibitor  **15.** A food containing heme iron  **16.** This fiber absorbs water like a rake  **19.** The lack of iron in your diet can cause this  **22.** Fiber does NOT provide the body with this |