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

Nutrients Review

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|  |  |  |  |  | N |  |  | I |  | T |  | 17  W |  | U |  | E |  |  |  |  | D |  | A |  | L |  |  |  |  |
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| **Across**  **3.** "Good" fats lower risk of  **6.** Cholesterol is not found in  **9.** Keeps you regular, lowers cholesterol, controls blood sugar  **12.** Good source of omega-3  **13.** Water regulates body temperature through \_\_\_  **15.** Fat-soluble vitamins are \_\_\_\_\_ in the body  **18.** Amino acids from food  **19.** Good source of fibre  **21.** Builds, maintains, replaces tissue  **23.** Help us survive and grow  **24.** Water is necessary for chemical \_\_\_  **25.** This fat raises blood cholesterol | **Down**  **1.** Vitamin C and B vitamins are \_\_\_  **2.** Complex carbs/starches include \_\_\_ products  **4.** The "good" fat in avocados, olives, nuts  **5.** Digestion breaks down proteins into  **7.** Made up of sugars  **8.** A, D, E, K are fat-soluble \_\_\_\_  **10.** Drink 2-3 \_\_\_\_\_\_ of water each day  **11.** White sugar is a \_\_\_\_\_\_ carb  **14.** A saturated fat  **16.** Saturated, monounsaturated, polyunsaturated  **17.** "Forgotten nutrient"  **20.** In baked goods, fried foods, processed foods  **22.** Salt, iron, copper |