Nutrition

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| **Across****2.** Made up of sugars and starches.**3.** \_\_\_\_?\_\_\_ fatty acids lower both "good" and "bad" cholesterol levels.**6.** Source of energy, and helps protect your organs from damage.**8.** Source of energy and helps build, repair, maintain body tissue.**12.** A unit of energy and 9 of these are in 1 gram of fat**13.** Its essential to life and maintains normal body temperature.**14.** The"good" kind of cholesterol. **15.** Helps build bone and maintain bone strength and helps prevent osteoporosis.**16.** The standards for assessing nutrient needs among diff. ages and gender groups. **17.** Saponins, Lutein, Allyl sulfides, Beta carotene are all examples of....**18.** Helps carbohydrates, fats and proteins do their job and keeps body tissues healthy**19.** The "bad" kind of cholesterol.**20.** Its manufactured in the liver. | **Down****1.**  They are needed in in relatively large amounts. **4.** A state where an individual's intake of nutrients is insufficient for the body's normal functioning. **5.** \_\_\_?\_\_\_ fatty acids lower only the "bad" cholesterol levels.**7.** They regulate nerve and muscle function, hydrate the body, balance blood acidity and pressure, and help rebuild damaged tissue.**9.** The portion of plant-derived food that cannot be completely broken down by digestive enzymes.**10.** \_\_\_?\_\_\_ fatty acids raise the level of "bad" cholesterol.**11.** Helps carry oxygen in the blood and helps your cells use oxygen. |