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Nutrition

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| **Across****1.** plaque that builds up in the arteries but is also essential to the body**3.** lecithin, found in the yolk of an egg is an example of an**6.** Calcium rich food will prevent and assist in management of this disorder.**9.** advantage of genetically modified foods or other items (medication)**11.** flavour enhancer**12.** cause of high cholesterol is trans fats and \_\_\_\_\_\_\_\_\_fats.**20.** Good HDL cholesterol source**22.** anaemia is a lack of iron which means a low \_\_\_\_\_\_count?**24.** additive that makes a yellow/orange colour**25.** Body cant produce this substance if you suffer from type 1 diabetes.**26.** a symptom of diabetes**29.** prevents oxidation and if consumed, improves health**30.** hinders the absorption of nutrients**31.** common in people suffering from HIV | **Down****2.** must be on a food label**4.** can be caused by consuming contaminated water**5.** low blood sugar **7.** biggest medical concern with gastro enteritis and e.coli infection**8.** heart and blood vessels are being overworked, blood pumps at a higher pressure than usual.**10.** A technique used in food production. It can be used to kill bacteria that cause food poisoning**13.** this root has natural antibiotic properties**14.** hepatitis A can cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, yellowing of the skin and eyes.**15.** natural preservative in pickling **16.** word that shouldn't appear on a label, unless approved by the health department**17.** can be a stabilizer and a thickener**18.** SA dietary guidelines says the following should be used sparingly **19.** a common reaction to additives**21.** symptom of anaemia**23.** LDL cholesterol**27.** what we call chest pains experienced in coronary heart disease**28.** more likely to be anaemic |