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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 |