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Nutrition

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| **Across****6.** Binge then purge **10.** causes heart disease and strokes **11.** protects you from starvation **13.** nutrition facts **14.** another word for fat**15.** long chains that make protein **16.** Vitamin A, D, E, and K**18.** substance in food that body needs to grow**19.** compulsive overeating **20.** sold as natuarl nutrition aids | **Down****1.** whole wheat bread is a type of **2.** all 9 amino acids **3.** decrease in bone density; producing porous and fragile bones **4.** replenish the body **5.** needed to form healthy bones**7.** not drinking enough water **8.** dont eat anything produced by an animal **9.** process witch your body gets energy from food **12.** having 30% or more body fat**17.** weight, age, height  |