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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 |