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Nutrition Crossword

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| **Across**  **2.** You should only sip me not chug on me during exercise  **4.** I should be eaten 30 minutes before exercise  **11.** I am a term used for when you eat lots of carbs to stock your body up on sustainable energy for intense and long future exercise  **12.** I help with body warmth & protection of vital organs  **14.** I am a fat you can eat a moderate amount of and I can be found in butter  **15.** Your body will feel bloated, have digestion problems, have low blood flow, and reduced performance if you \_\_\_\_\_\_\_ eat  **17.** I help with replacing fluids during exercise, cooling core body temperature, cell function and much more  **19.** I should be eaten 2 hours before a game | **Down**  **1.** I am used for energy in the body and can be complex or simple  **3.** I tell you the amount of protein, fat, carbohydrates, minerals, vitamins, & additives that are in a food  **5.** I am a fast source of energy that helps to keep you hydrated and replaces electrolytes during exercise  **6.** I am a type of carbohydrate that is a fast source of energy that burns up quickly, what is my GI value?  **7.** I am fat that you should eat very little of and can be found in fast foods such as KFC  **8.** I am considered a 'healthy' fat  **9.** Your body will get tired, decrease in intensity, lose muscle and have lack of cell function if you \_\_\_\_\_\_\_\_\_ eat  **10.** I help with muscle repair, growth & size  **13.** I help with multiple cell functions and my friend called 'Minerals' helps me too  **16.** I am a vitamin and help you avoid eye problems  **18.** I am a type of carbohydrate that is a slow absorbed source of energy that is long lasting, what is my GI value? |