Nutrition EC

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| **Across****3.** A food with less than 9 of the essential amino acids**8.** Fats that are solid at room temperature**9.** A type of cholesterol that sticks to the walls of arteries (bad)**11.** your blood sugar**12.** nutrients that help your body build/maintain its tissues and cells**13.** A natural drive to eat that protects us from starvation**14.** An indigestible complex carbohydrate**15.** the process by which you body takes in and uses food**16.** vitamins that are stored, absorbed, and transported in fat**17.** fats that are liquid at room temperature | **Down****1.** the desire, rather than the need, to eat**2.** vitamins that dissolve in water**4.** the starches in foods**5.** A food that has all 9 of the essential amino acids**6.** A type of cholesterol that helps clear clogged arteries (happy)**7.** The building blocks of proteins**10.** Substances in food that you need to for your body to grow, repair, and supply you with energy |