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Nutrition Vocab

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| **Across****3.** nutrition that helps the body use carbs, proteins, and fats**5.** to rid the body of food by vomiting or by taking laxatives and diuretics**8.** the parts that make up a particular food**14.** a fat-like substance made by the body and found in certain foods**15.** nutrient that provides energy, and helps the body store and use vitamins**17.** a disease in which the body produces little or no insulin**18.** simple sugar that is the body's main energy source**19.** an eating disorder in which a person binges and purges**21.** a substance in foods that helps with body functions**23.** the listing of the amount of food that is considered a serving**24.** building blocks that make up protein**25.** nutrient that is needed for growth, and to help build and repair body tissue | **Down****1.** to eat a large amount of food in a short amount of time**2.** a hormone that regulates the blood sugar level**4.** a panel of nutrition information required on all processed foods regulated by the FDA**6.** a quick weight-loss strategy that is popular for a short time**7.** the sum of the processes by which humans, animals, and plants consume and use food**9.** title of information panel that is required on most foods**10.** a category of foods that contain similar nutrition**11.** a body weight that is 20 percent or more than desireable body weight **12.** a unit of energy produced by food**13.** diet that excludes food of animal origin**16.** the part of grains and plants that cannot be digested**20.** a food substance that is made and stored in most plants**22.** an adnormal responce to food that is triggered by the immune system |