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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 |