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Nutrition

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| **Across**  **2.** These are starches and fiber. Maintains energy.  **5.** vitamin that dissolves in fat and can be stored  **11.** nutrient that provides energy and helps the body store and use vitamins  **13.** This is a substance in food that helps with body process  **14.** type of fat obtained from plant products  **16.** simple sugar is called  **17.** This is also known as roughage  **18.** protein form plant sources | **Down**  **1.** protein that contains all the essential amino acids  **3.** is a unit of energy produced by food and used by the body  **4.** sugars that enter the body that provide quick bursts of energy  **6.** Building blocks that make up proteins  **7.** Fatty acids that are formed when vegetable oils are processed into solid fats  **8.** is a nutrient that is the main source of energy for the body  **9.** vitamin that dissolve in water and cannot be stored  **10.** When you need energy, this is converted to glucose  **12.** Type of fat that is found in dairy, solid vegetable fat  **15.** body produces this many amino acids |

   nutrient       calorie       carbohydrate       amino acids       complete protein       eleven       incomplete protein       simple carbohydrates       Complex Carboydrates       glycogen       glucose       fiber       saturated fat       unsaturated fat       trans fatty acids       fat       fat soluble vitamin       water soluble vitamin