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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_ | Period: \_\_\_\_\_\_\_ |

Six Main Nutrients!!

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  I |  | 3I |  |  |  |  |  |  | 4C |  |  S |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | 5W |  A |  T |  E |  R |  |  |  |  |  |  |  O |  |  A |  | 6T |  |
|  |  |  |  |  |  |  |  |  | 7F |  |  |  |  |  |  A |  |  O |  |  |  |  |  |  |  M |  |  T |  |  R |  |
|  |  |  |  |  |  |  |  |  |  O |  | 8V |  I |  T |  A |  M |  I |  N |  D |  |  | 9C |  |  |  P |  |  U |  |  A |  |
|  |  |  |  |  |  |  | 10C |  |  L |  |  |  |  |  |  I |  |  |  |  |  |  O |  |  |  L |  |  R |  |  N |  |
|  |  |  |  | 11V |  I |  T |  A |  M |  I |  N |  C |  | 12V |  |  N |  |  |  |  |  | 13M |  I |  N |  E |  R |  A |  L |  S |  |
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|  |  |  | 14V |  | 15W |  |  C |  |  A |  |  |  |  T |  |  C |  | 16F |  |  |  |  L |  |  |  E |  |  E |  |  A |  |
|  |  | 17V |  I |  T |  A |  M |  I |  N |  C |  |  | 18C |  A |  L |  O |  R |  I |  E | 19S |  |  E |  |  |  |  |  D |  |  T |  |
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|  |  |  |  I |  |  |  |  | 21C |  O |  M |  P |  L |  E |  T |  E |  |  | 22P |  R |  O |  T |  E |  I |  N |  |  |  |  |  |
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|  |  |  |  |  |  |  |  | 24C |  A |  R |  B |  O |  H |  Y |  D |  R |  A |  T |  E |  S |  |  |  |  |  |  |  |  |  |
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| **Across****5.** Our body's are made of 70% of this nutrient. **8.** This vitamin is in not many foods, but you can get it from the sun. **11.** You can get this vitamin in high amounts from oranges.**13.** These are components of foods, that are needed for your body to function. **17.** You get this vitamin mainly from citrus fruits, but also other fruits, and some vegetables. **18.** You need an average of 2000 of these in a day.**20.** This type of carbohydrate is found in milk, and fruits. **21.** This protein comes from animal sources.**22.** A main nutrient you get from eating meat, nuts, legumes, and turns into amino acids.**24.** This nutrient is divided into two categories. Simple and Complex. **25.** This type of protein is plant based. | **Down****1.** You get this fat from plant sources.**2.** This vitamin helps turn food into "fuel".**3.** Helps carry oxygen in the blood.**4.** Mixing peanut butter with whole grains will make this type of protein.**6.** This fat is very unhealthy, and can be found in processed foods.**7.** Helps maintain and create new blood cells.**9.** This carbohydrate is found in beans, and whole grains.**10.** This can is found in dairy products, and is important for bone structure. **12.** This vitamin can help your skin.**14.** This vitamin slows blood clotting. **15.** You need at least 8 cups of this in a single day.**16.** This isn't a nutrient, but is important for bowel movements. **19.** You get this fat from animal sources.**23.** This nutrient can come as saturated or unsaturated.  |