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

Six Main Nutrients!!

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|  |  |  |  |  |  |  | 10  C |  | L |  |  |  |  |  | I |  |  |  |  |  | O |  |  | L |  | R |  | N |  |
|  |  |  |  | 11  V | I | T | A | M | I | N | C |  | 12  V |  | N |  |  |  |  |  | 13  M | I | N | E | R | A | L | S |  |
|  |  |  |  |  |  |  | L |  | C |  |  |  | I |  | B |  |  |  |  |  | P |  |  | T |  | T |  | F |  |
|  |  |  | 14  V |  | 15  W |  | C |  | A |  |  |  | T |  | C |  | 16  F |  |  |  | L |  |  | E |  | E |  | A |  |
|  |  | 17  V | I | T | A | M | I | N | C |  |  | 18  C | A | L | O | R | I | E | 19  S |  | E |  |  |  |  | D |  | T |  |
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|  |  |  | I |  |  |  |  | 21  C | O | M | P | L | E | T | E |  |  | 22  P | R | O | T | E | I | N |  |  |  |  |  |
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|  |  |  |  |  |  |  |  | 24  C | 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. |