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nutrition basics

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| **Across****2.**  insoluble fiber promotes**11.** lactose is sugars found in**13.** read this to know the amount of and type of fat you get in a serving**14.**  simple carbohydrates are also called**15.**  avoid foods that are**16.**  sugars that are found mainly in grains**17.**  about 1/5 of your body's total weight is made up of**19.** what kind of carbohydrates should we eat more**20.**  cholesterol circulates in the bloodstream in chemical groupings called**21.** other sugars are called**23.**  provides heat and energy for the body**24.**  what is the source of non-heme iron**25.**  these are the "bad" fats | **Down****1.**  iron found in animal sources**3.** found mainly in sugar cane**4.** proteins also help in fighting diseases because they are part of the**5.**  this type of fiber would dissolve in water**6.**  these are considered the "good" fats**7.**  is not a fat**8.** main source of energy**9.** eating foods high in refined sugars is referred to as eating**10.**  a carbohydrate that does not provide the body with energy**12.**  sugars that occur mainly in fruits**18.**  starches can be found in some**22.** at room temperature, fats from animal sources are usually |