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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 |