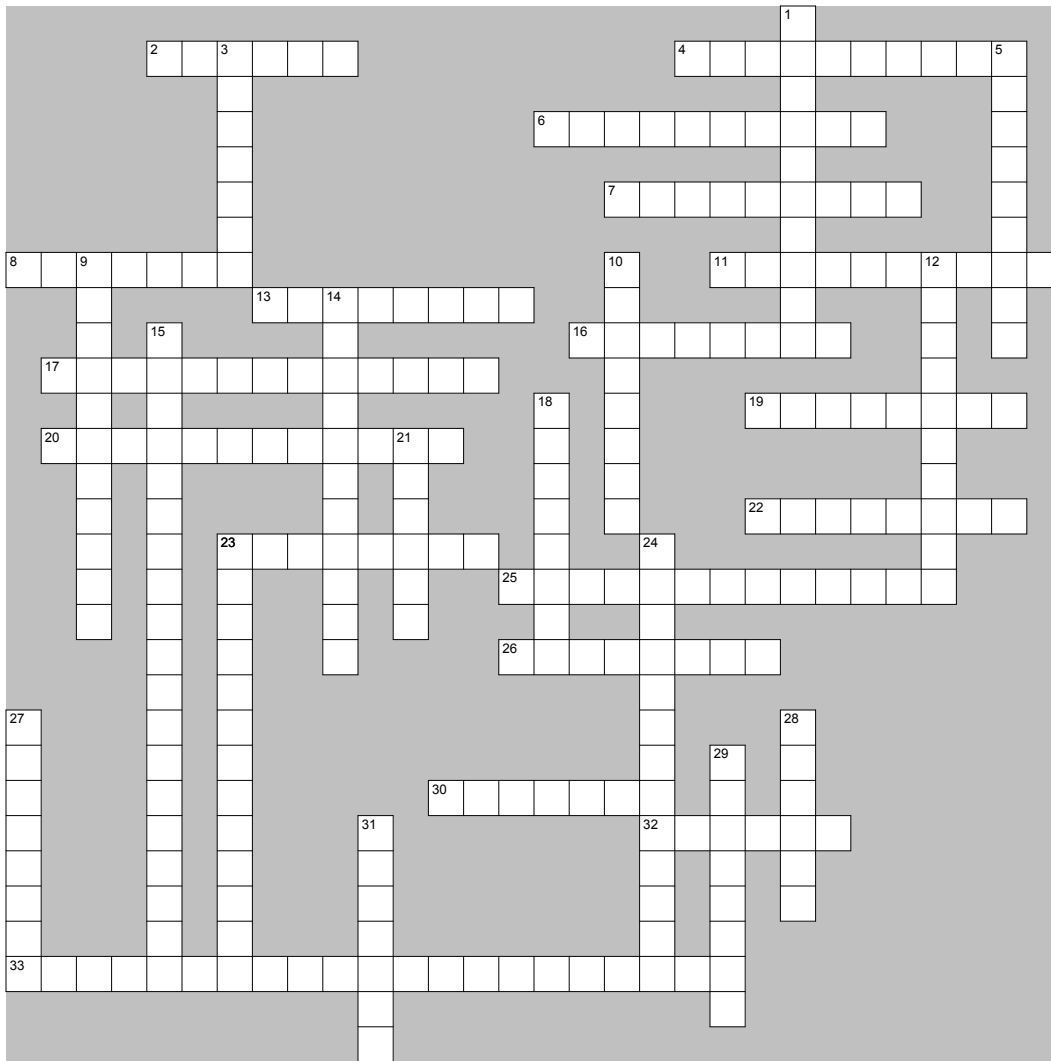


Holt Ch 7 CrossWord Nutrition



Across

2. This mineral is needed for protein metabolism
4. This is a person who eats little or no animal products
6. You need 2-4 helpings from this part of the Food Guide Pyramid
7. This substance used to make a lot of candy has over 60% saturated fat
8. Table sugar is called ????
11. This is the name for vitamin B2
13. This type of sugar is called fruit sugar
16. This class of nutrients is composed of amino acids
17. Vitamin K aids in ????
19. One cup of this vegetable has 27 calories
20. Vitamin C is also known as ????
22. This is one of the six classes of nutrients
23. The energy in food is measured in this unit
25. Three fatty acids linked to one glycerol is called ????
26. This is a complex carbohydrate formed from many glucose units linked together that IS made in the body
30. The sugar in your blood is called ????
32. This is a complex carbohydrate formed from many glucose units linked together but is NOT made in the body
33. LDL stands for ????

Down

1. This carries oxygen in the red blood cells
3. This type of sugar is called milk sugar
5. This is the science or study of food
9. Deposits of plaque are formed from this substance, which is made in your body and in other animal and dairy products
10. This mineral helps regulate blood sugar
12. Proteins are made of chains of molecules called ????
14. This vitamin can be formed by exposure of the skin to this type of light
15. On nutritional labels, this is a flavor enhancer
18. Fats are large molecules made up of fatty acids and ????
21. This mineral is found in salt and seafood
23. This class of nutrients includes sugars, starches, and fiber
24. Excess body fat can increase the risks of high ????
27. This has over 80% unsaturated fat
28. Glycogen is stored in both the liver and the ????
29. Eating too much just before exercising may cause nausea and ????
31. Carbohydrates can be simple or ????

How much larger than the "real" calorie is the calorie used in nutrition?