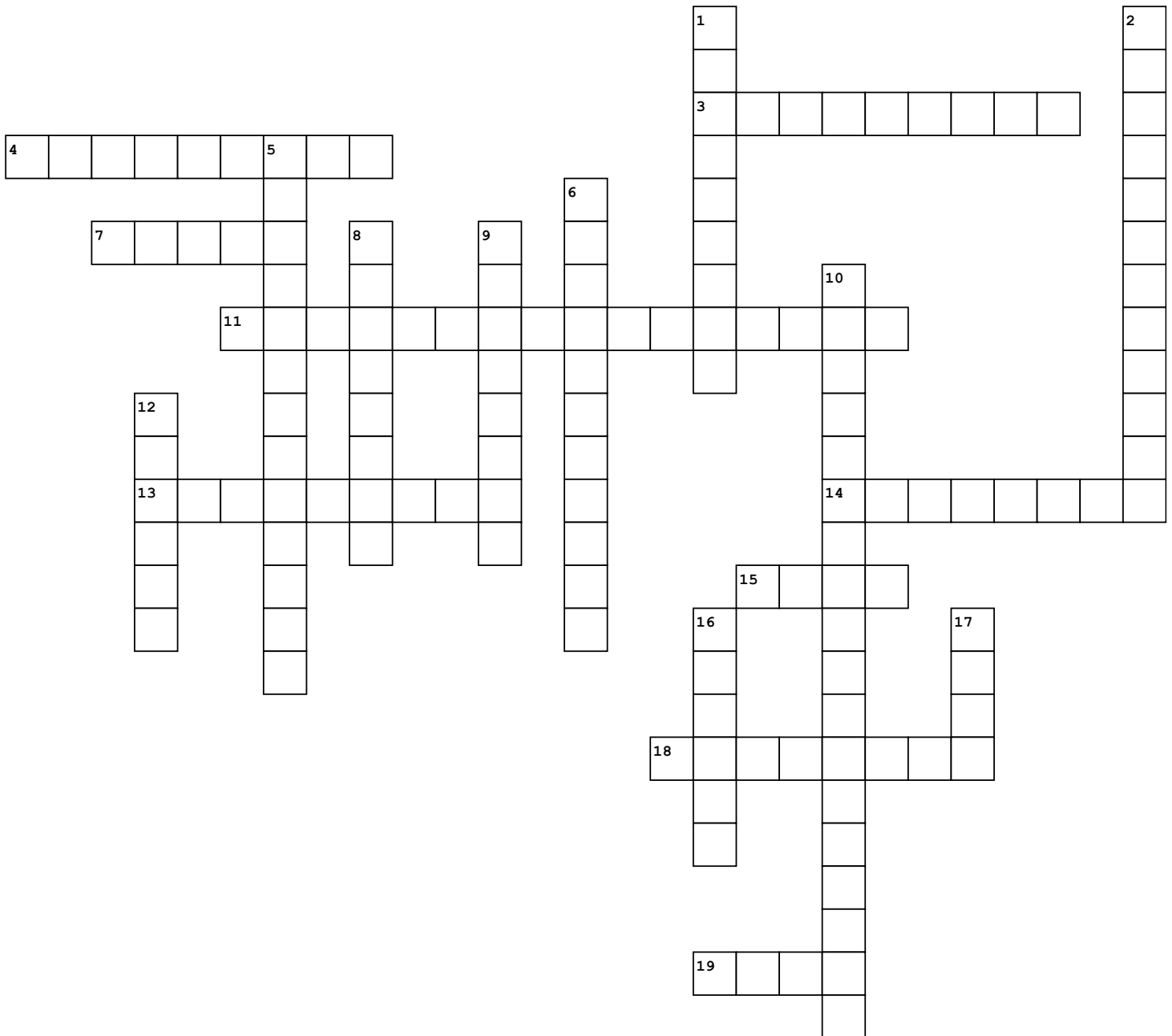


nutrition vocab



Across

3. are made when hydrogen is added to vegetable oils.
4. this vitamin helps prevent birth defects.
7. a form of complex carbohydrates from plants that humans cannot digest. it the tough stringy parts of raw fruits, raw veggies, whole wheats and grains.
11. proteins containing all the essential amino acids; found only in soy and animal foods(meats and

Down

1. substances and food that your body needs to grow, to repair itself, and to supply you with energy.
2. take longer for the body to break down, keeping blood sugar levels constant: bread, rice, pasta, beans, and other veggies.
5. are sugars and starches in foods.
6. are sugars and should be carefully restricted by diabetics due to the spike it can cause in blood

dairy products).

- 13.** the process of taking in food and using it for energy and growth.
- 14.** nutrient needed to build cells and tissues
- 15.** vitamins that are fat soluble.
- 18.** are needed for healthy bones and teeth.
- 19.** helps make red blood cells and carries oxygen in the blood.

sugar: found in milk, fruits and table sugar.

- 8.** a learned desire for food that is based on emotional and other factors rather than nutritional need.
- 9.** compounds that help regulate many vital body processes, including the digestion, absorption, and metabolism of other nutrients.
- 10.** proteins that are missing one or more of the essential amino acids; found in plant sources such as nuts and legumes.
- 12.** your body's way of telling you it needs nutrients.
- 16.** should be carefully restricted by people with hypertension.
- 17.** provide the most calories per gram of all the nutrients.