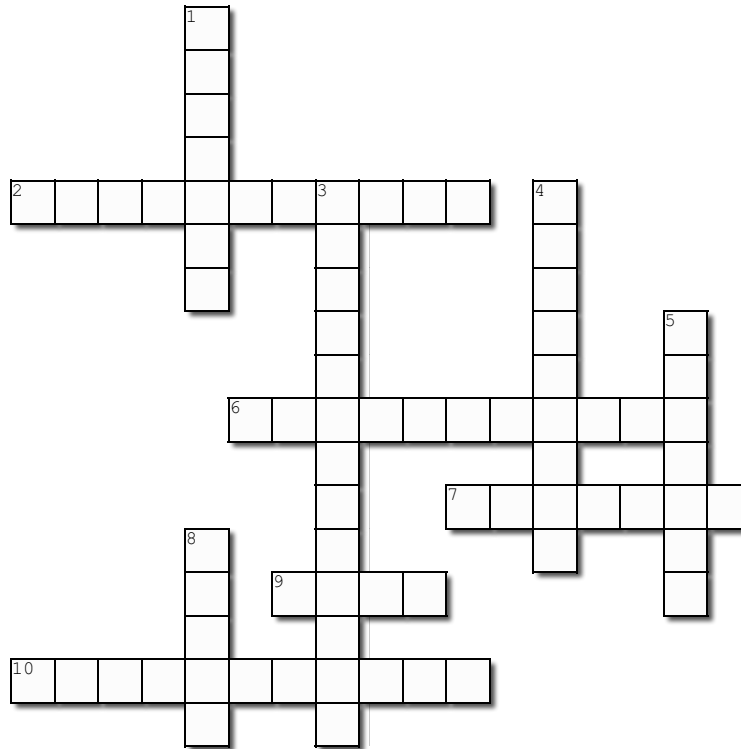


Name: _____

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 2. Building blocks of proteins.
- 6. A condition that occurs when you do not intake enough liquids to replace that you lose.
- 7. Type of macronutrient associated with meats
- 9. Type of macronutrient the Keto diet derives the majority of its calories from
- 10. A waxy, fat-like substance that is found in cells of the body. High levels can increase your risk of heart disease.

Down

- 1. A type of sugar found in blood.
- 3. Type of macronutrient associated with sugars
- 4. The process the body uses to break down food into nutrients.
- 5. Nutrient _____ is the amount of beneficial nutrients in a food product in proportion to energy content
- 8. A plant based substance found in food that makes you feel full faster and stay full for a longer time.