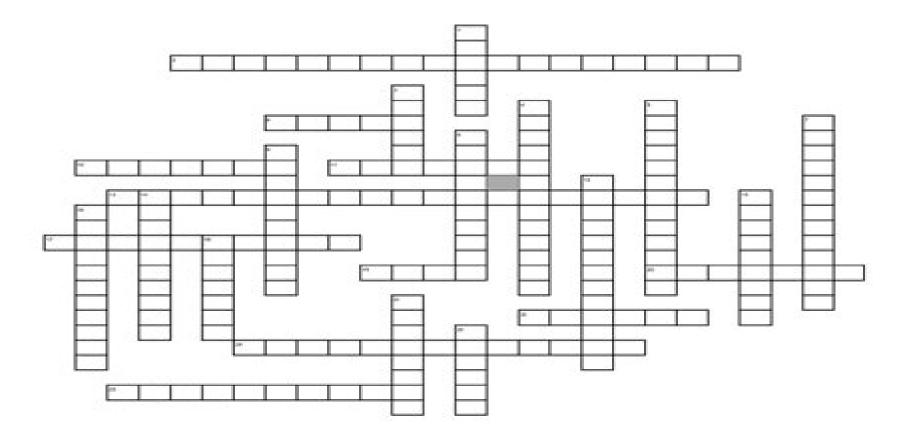
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Food and Nutrition Basics



Acress.

- 2. carries vitamins A, D, E and K in the body
- 5. complex carbohydrates are broken down into two subcategories starches and
- 10, that occur naturally in grains
- 11, around vital organs such as the heart and liver
- complex carbohydrates are made up of large molecules of
- 17, your body needs iron to build
- 19, that promotes healthy and normal cell growth
- 20, such as peas and lentils
- 22, in the form of rice paste, and bread products
- 24, eating foods that are high in refined sugars.
- 25, proteins are made of chains of chemical building blocks

Distrects

- 1, that provides for the body heat and
- 3, helps form the protective coverings around
- 4. are extracted from plants and used to sweeten foods
- 5. fiber consist of plant material
- 7, this bulk helps to move food through the large intestine promoting regular
- 8, consuming large amount of these foods can lead to
- 9, such as potatoes and coms that can be found in starches
- 12, main source of energy
- 14, there are types of proteins complete and
- 15, there are two kinds of dietary soluble and
- 16, that leads to sugar highs and lows
- 18, that occur naturally in milk
- 21, sugar the occurs naturally in fruits
- 23, the main source of carbohydrates is

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