

Food and Nutrition Crossword Puzzle

Across

1. Where we get most of our water
4. Worst kind of fat
6. A yellow spread that contains trans fat
9. Best kind of bread to eat
12. The amount of amino acids a person needs to consume
13. How many glasses of water should a person drink daily?
14. Another word for fat
16. A kind of protein that contains all of the essential amino acids
18. Something men need more than women
19. Where most of our energy comes from
20. A red fruit that is not a good source of carbs

Down

2. Best kind of fat that can be found in avocado
3. This fruit is made up of 92% water
5. A substance usually used as a sweetener in food



7. A kind of protein that is lacking in all the amino acids
8. A seafood that is high in protein
10. We get this from cows
11. Type of sugar
15. Comes from animals and contains saturated fat
17. A food that comes in a shell and is high in protein



Good Nutrition Crossword Puzzle 14 Clues To

S Ben Porath



Good Nutrition Crossword Puzzle 14 Clues To:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Good Nutrition Crossword Puzzle 14 Clues To**

In a world inundated with displays and the cacophony of instantaneous conversation, the profound energy and mental resonance of verbal beauty frequently fade in to obscurity, eclipsed by the constant onslaught of noise and distractions. However, nestled within the lyrical pages of **Good Nutrition Crossword Puzzle 14 Clues To**, a fascinating work of fictional beauty that pulses with natural emotions, lies an remarkable journey waiting to be embarked upon. Penned by a virtuoso wordsmith, that mesmerizing opus instructions viewers on an emotional odyssey, delicately revealing the latent potential and profound impact stuck within the delicate web of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is main styles, dissect their interesting publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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