

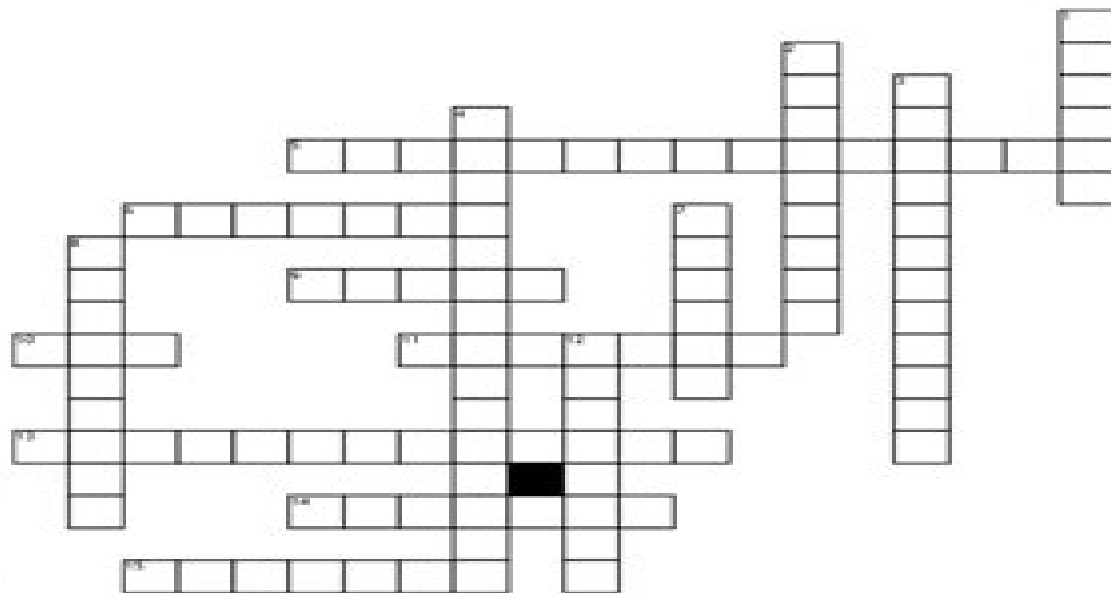
# Nutrition Crossword Puzzle

## Across

5. One type of unsaturated fat: m\_\_\_\_\_.
6. Try different vegetables, because our bodies like \_\_\_\_.
9. One of the most harmful fats: t\_\_\_\_\_.
10. The body uses \_\_\_\_ as fuel.
11. What is a unit of energy that measures how much energy food provides to the body?
13. These are great sources of energy in fruits and vegetables.
14. Sources of this can be added to fruit and vegetable snacks to make them even more nutritious and delicious
15. Light (lite) and \_\_\_\_\_-fat foods may still be high in fat.

## Down

1. \_\_\_\_\_ are nutrients in food that the body uses to build cell membranes, nerve tissue (like the brain), and hormones.
2. One of the most harmful fats: s\_\_\_\_\_.
3. Trans and saturated fats can cause what?
4. One type of unsaturated fat: p\_\_\_\_\_.



7. Unsaturated fats are \_\_\_\_\_ at room temperature.
8. To include more fruits and veggies in your diet, when would be the ideal meal to eat them during to encourage such a habit?
12. What is the requirement for a food to be labeled light (lite)? Have 50% less fat or \_\_\_\_\_ fewer calories per serving



# Good Nutrition Crossword Puzzle Answers Chapter 14

**RS Peters**



## **Good Nutrition Crossword Puzzle Answers Chapter 14:**

## Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Good Nutrition Crossword Puzzle Answers Chapter 14**

In a global inundated with displays and the cacophony of quick interaction, the profound power and psychological resonance of verbal beauty frequently disappear in to obscurity, eclipsed by the continuous onslaught of noise and distractions. Yet, set within the musical pages of **Good Nutrition Crossword Puzzle Answers Chapter 14**, a interesting perform of literary beauty that impulses with natural thoughts, lies an remarkable journey waiting to be embarked upon. Written with a virtuoso wordsmith, that enchanting opus books visitors on an emotional odyssey, delicately exposing the latent possible and profound influence embedded within the complicated web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is central themes, dissect its fascinating publishing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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