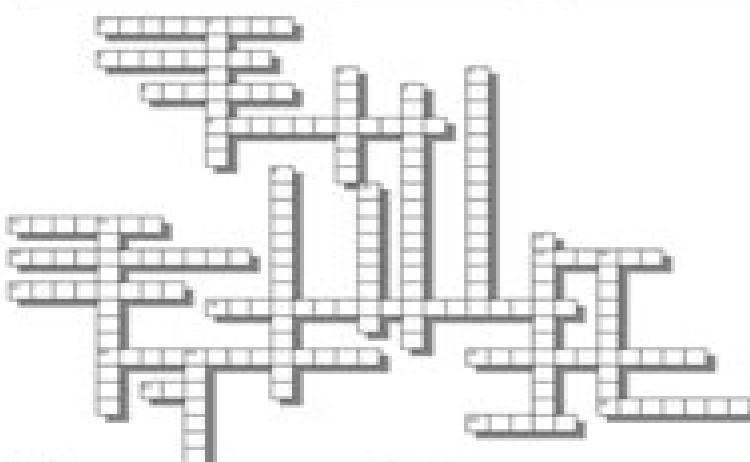


NUTRITION

NUTRITION

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ACROSS

1. Fats that are solid at room temperature like butter
3. Essential nutrients like A, C, and D
4. Unit of energy in food
8. Nut-like substance in the body; can be good or bad
11. Simple sugar, energy source
14. Healthy fats from plants and fish, the olive oil
15. Read more iron, low red blood cell count
17. Stored form of glucose
18. High in nutrients, low in calories
19. Excessive nutrient and calorie intake
21. Sea shellfish, nuts
22. Not always bad, think avocado
23. Essential nutrients like iron and calcium
24. Keeps you regular and aids digestion

DOWN

2. Building blocks of proteins
4. Nutrient for muscle building
5. Difficulty digesting certain foods like lactose or gluten
7. Toxins from contaminated food
9. Not enough nutrients
10. Unhealthy fats from hydrogenated oils often found in packaged foods
12. Bone weakening disease
13. E.g. Bread and pasta
16. Body's process of converting food to energy
20. Substance in food for growth and health

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**Food and Nutrition Information Center
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In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Good Nutrition Crossword Puzzle 14 Reinforcement**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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