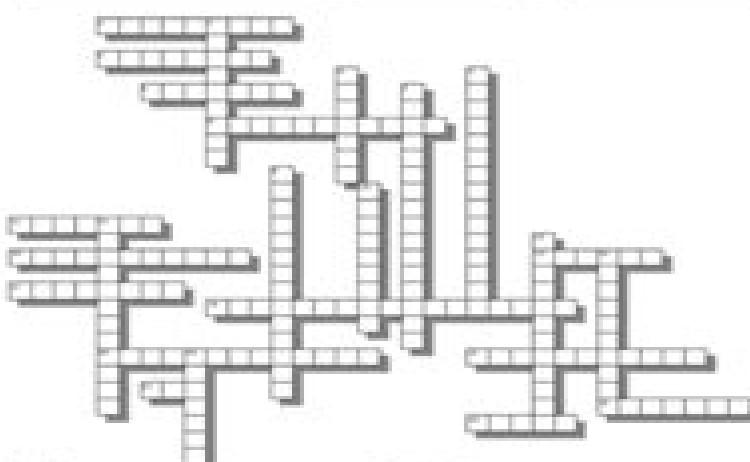


NUTRITION

NUTRITION

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ACROSS

1. Fats that are solid at room temperature like butter
2. Essential nutrients like A, C, and D
3. Unit of energy in food
4. Nutrient substance in the body can be good or bad
5. Simple sugar, energy source
6. Healthy fats from plants and fish, the olive oil
7. Read more iron, low red blood cell count
8. Stored form of glucose
9. High in nutrients, low in calories
10. Excessive nutrient and calorie intake
11. Seafood, nuts
12. Not always bad, think avocado
13. Essential nutrients like iron and calcium
14. Keeps you regular and aids digestion

DOWN

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

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