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Food and Nutrition Crossword Puzzle

Across

 Where we get most of our water

Worst kind of fat

A yellow spread that contains trans fat

Best kind of bread to eat

 The amount of amino acids a person needs to consume

13. How many glasses of water should a person drink daily?

Another word for fat

16. A kind of protein that contains all of the essential amino acids

Something men need more than women

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

This fruit is made up of 92% water

A substance usually used as a sweetener in food



 A kind of protein that is lacking in all the amino acids

A seafood that is high in protein

We get this from cows

11. Type of sugar

 Comes from animals and contains saturated fat

 A food that comes in a shell and is high in protein



Good Nutrition Crossword Puzzle

Ying-Ying Zheng

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