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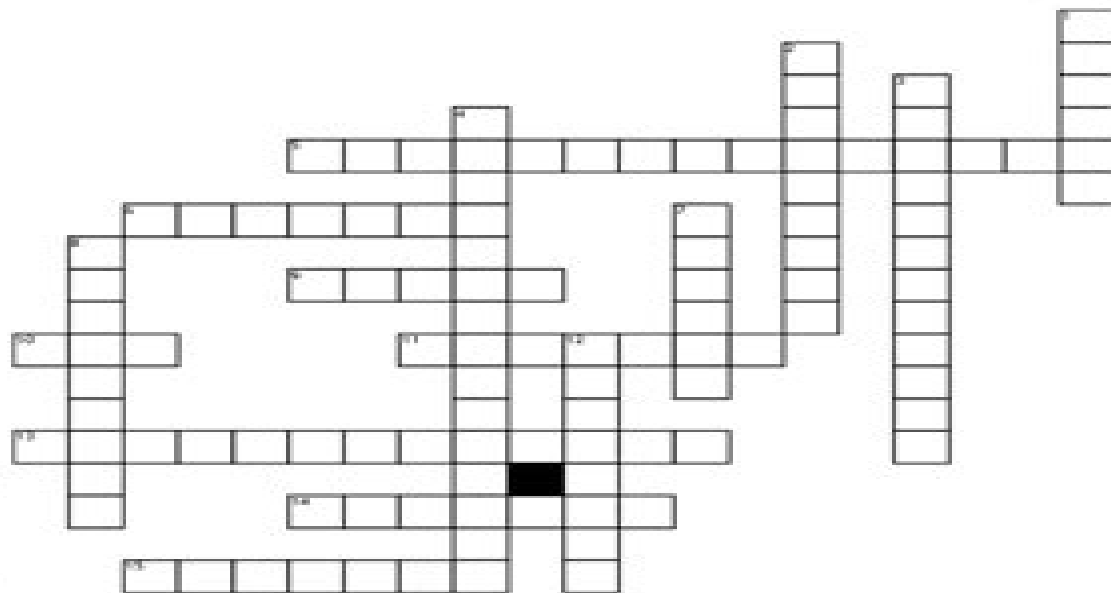
Nutrition Crossword Puzzle

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

Mary Rhiner



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Instructor's Manual for Understanding Nutrition [by] Eleanor Noss Whitney, Sharon Rady Rolfes Mary Rhiner, 2005 *Community Nutrition* Nweze Nnakwe, 2012-02-29 Thoroughly revised and updated Community Nutrition Planning Health Promotion and Disease Prevention Second Edition uses real world examples to reinforce core nutrition concepts and explores the current and emerging nutrition issues faced by today's diverse communities. It presents the skills, cultural concepts, and background knowledge that are essential for promoting health and preventing disease.

Introduction to Nutrition, Exercise, and Health Victor L. Katch, Frank I. Katch, William D. McArdle, 1993 A resource companion to the textbook *Introduction to nutrition exercise and health*. Its purpose is to facilitate understanding of the text by focusing on key terms and concepts and on specific questions within each chapter. Includes self-assessment tests with answers and helpful hints for studying and preparing for exams.

Study Guide for Medical-Surgical Nursing - E-Book Sharon L. Lewis, Judy Malas, Shannon Ruff Dirksen, Linda Bucher, 2015-07-13 Prepare for success in the classroom. Corresponding to the chapters in the 8th edition of Lewis market leading text *Medical Surgical Nursing Assessment and Management of Clinical Problems*, this study guide offers a complete review of content and a wide range of activities to help you understand key nursing concepts. Alternate item format questions reflect the most current NCLEX test plan. To make studying easier, answers for all exercises are included in the back of the book. A wide variety of clinically relevant exercises and activities includes NCLEX examination style multiple choice questions, prioritization and delegation questions, case studies, fill in the blank questions, anatomy and physiology review, clinical decision making activities, and more. Answers to all questions are included in the back of the book so you get immediate feedback as you study. Additional alternate item format questions incorporating prioritization and delegation are included to better prepare you for the most current NCLEX exam. New review activities are provided for the textbook's new chapter on sleep and sleep disorders. Attractive two-color design ties the study guide to the textbook.

Sports Nutrition Workbook and Assessments Heather Hedrick Fink, Lisa Burgoon, Alan Mikesky, 2010-09-10 Companion to the second edition of *Practical applications in sports nutrition*. Pref.

Psychology and the Challenges of Life Jeffrey S. Nevid, Spencer A. Rathus, 2009-11-23 A long-respected standard in the psychology of adjustment, *Psychology and the Challenges of Life*, Eleventh Edition, has been thoroughly updated and contemporized to provide students the ability to reflect on how psychology relates to the lives we live and the roles that psychology can play in helping us with the challenges we face. Authors Jeffrey Nevid and Spencer Rathus explore the many applications of psychological concepts and principles used to meet the challenges of daily life while encouraging students to apply concepts to themselves through active learning exercises, self-assessment questionnaires, and journaling exercises.

Boundless Ben Greenfield, 2020-01-21 What if the ability to look, feel, and perform at peak capacity wasn't the stuff of lore but instead was within easy reach? In a perfect world, you would be able to have it all: complete optimization of mind, body, and spirit. In *Boundless*, the New York

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