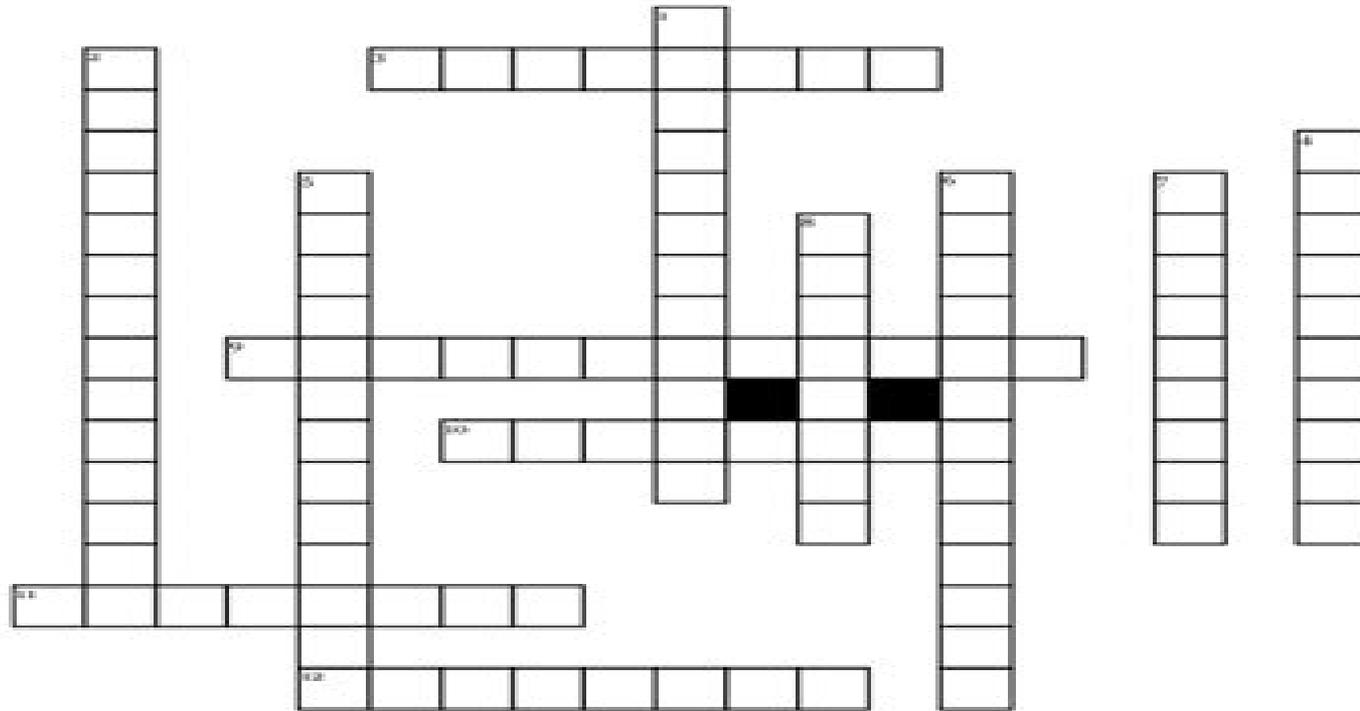


Foods and Nutrition



Across

- 3.** What proteins supply us with all 9 essential amino acids?
- 9.** A health problem caused by poor nutrition.
- 10.** One common cause of obesity?
- 11.** What is your hair, eyes, skin, heart, muscles, and bones made out of?

- 12.** A good source of protein, vitamins, minerals, and dietary fibers.

Down

- 1.** Where is it recommended to get most of your protein from? (2 words)
- 2.** You can find me in fruits, vegetables, dry beans, and wheat products. (2 words)
- 4.** What are the chains of chemical building blocks called? (2 words)

- 5.** What is the only form of carbohydrates that does not provide energy? (2 words)

- 6.** What is the body's main source of energy?

- 7.** What is the recommended daily intake of fiber?

- 8.** What are nutrients that help build, repair, and maintain body tissue?

Guide To Good Food Nutrition Crossword

J Dewey



Guide To Good Food Nutrition Crossword:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Guide To Good Food Nutrition Crossword**

In some sort of inundated with monitors and the cacophony of fast interaction, the profound energy and emotional resonance of verbal art often diminish into obscurity, eclipsed by the continuous barrage of sound and distractions. Yet, nestled within the musical pages of **Guide To Good Food Nutrition Crossword**, a captivating work of fictional brilliance that pulses with fresh feelings, lies an unforgettable trip waiting to be embarked upon. Published by a virtuoso wordsmith, this magical opus instructions viewers on a psychological odyssey, softly exposing the latent possible and profound affect stuck within the delicate web of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is main themes, dissect their interesting publishing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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