

Food and Nutrition Crossword Puzzle

Across

1. Where we get most of our water
4. Worst kind of fat
6. A yellow spread that contains trans fat
9. Best kind of bread to eat
12. The amount of amino acids a person needs to consume
13. How many glasses of water should a person drink daily?
14. Another word for fat
16. A kind of protein that contains all of the essential amino acids
18. Something men need more than women
19. 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
3. This fruit is made up of 92% water
5. A substance usually used as a sweetener in food



7. A kind of protein that is lacking in all the amino acids
8. A seafood that is high in protein
10. We get this from cows
11. Type of sugar
15. Comes from animals and contains saturated fat
17. A food that comes in a shell and is high in protein



Guide To Good Food 2 Nutrition Crossword

S Ashworth



Guide To Good Food 2 Nutrition Crossword:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Guide To Good Food 2 Nutrition Crossword**

In some sort of inundated with displays and the cacophony of instant connection, the profound energy and mental resonance of verbal beauty usually fade in to obscurity, eclipsed by the constant onslaught of noise and distractions. Yet, set within the musical pages of **Guide To Good Food 2 Nutrition Crossword**, a charming work of literary beauty that pulses with natural feelings, lies an unforgettable trip waiting to be embarked upon. Published with a virtuoso wordsmith, this interesting opus manuals viewers on an emotional odyssey, gently exposing the latent potential and profound influence stuck within the complex internet of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book is central styles, dissect its captivating publishing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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