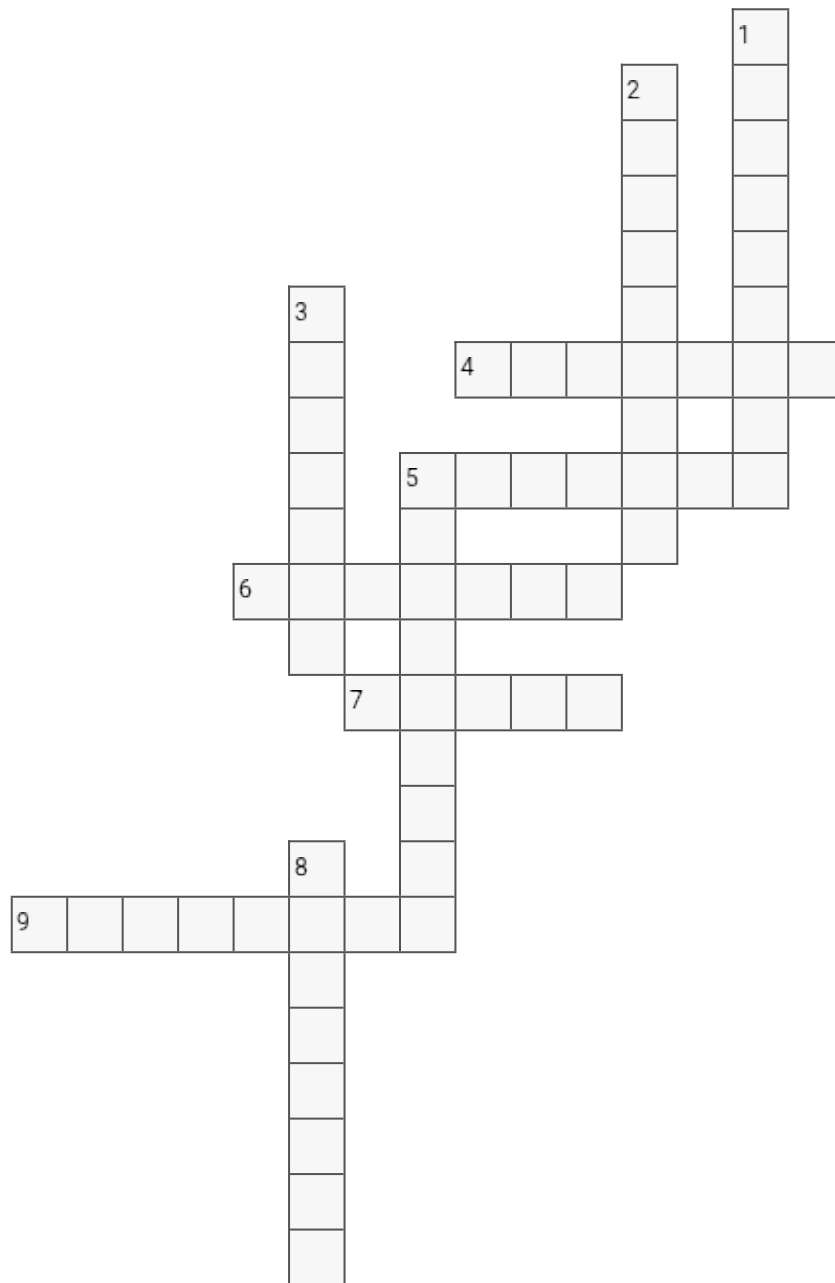


Nutrition and Health



Across

- 4. Organic compounds needed in small amounts for body functions
- 5. Essential building block for muscles and enzymes
- 6. Unit measuring energy in food
- 7. Plant material that aids digestion and satiety
- 9. Describes how quickly foods raise blood sugar

Down

- 1. Maintaining adequate fluid balance in the body
- 2. Type of fat solid at room temperature, often from animal sources
- 3. Inorganic nutrients like calcium and iron
- 5. Live microbes that support gut health
- 8. Body's defense system against disease