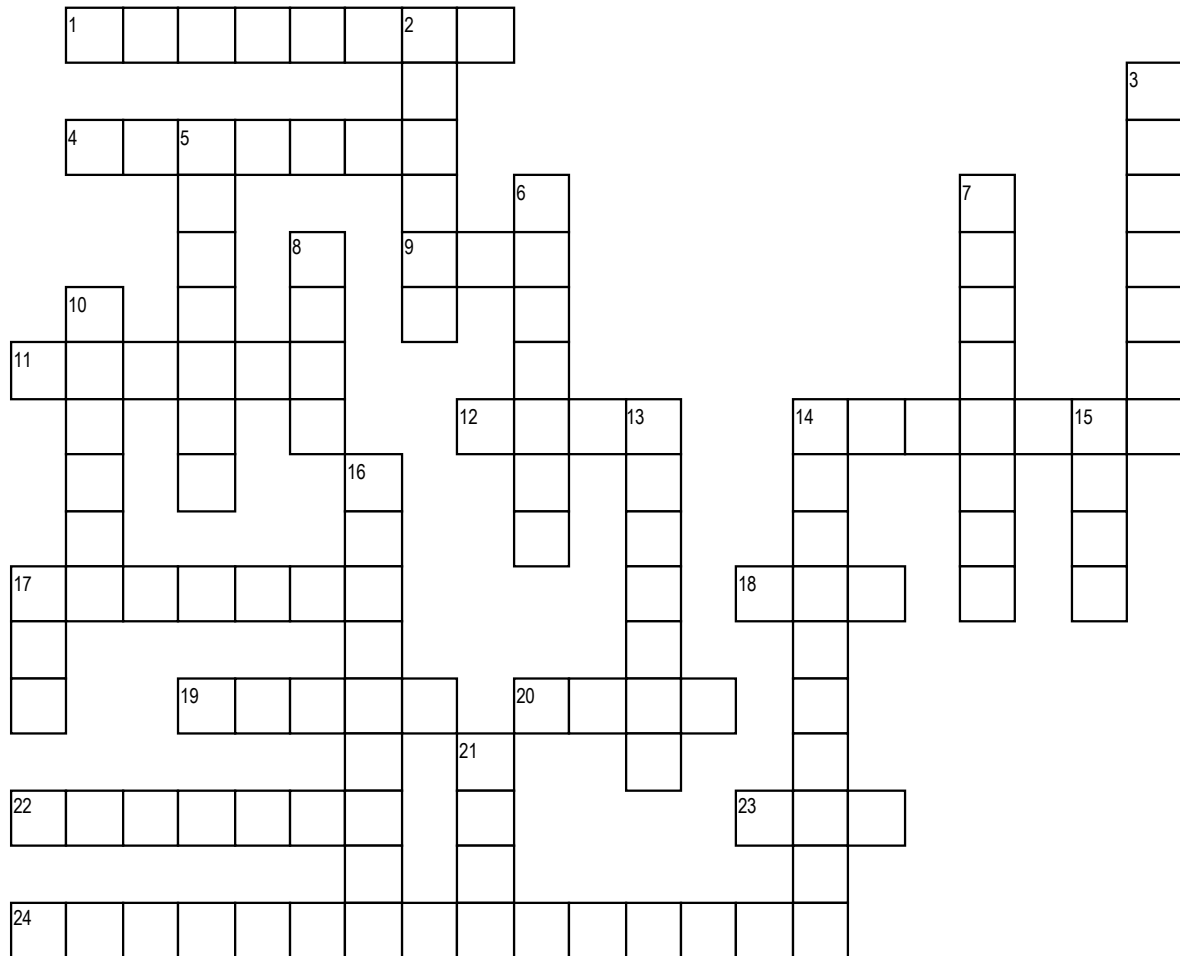


Nutrition Crossword



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ACROSS

- 1 Type of diet that provides a range of nutrients.
- 4 Table sugar.
- 9 Guideline Daily Amount.
- 11 Mineral which helps thyroid hormones.
- 12 Method of fibre analysis.
- 14 Needed for growth and repair.
- 17 Form of vitamin A.
- 18 The Englyst method of analysing fibre.
- 19 Indigestible part of food.
- 20 Quantitative Ingredient Declaration.
- 22 Simple sugar.
- 23 Dietary Reference Values.
- 24 Type of fat which can reduce cholesterol.

DOWN

- 2 Measured in calories and joules.
- 3 Vitamin needed for release of energy.
- 5 Mineral which builds bones and teeth.
- 6 Milk sugar.
- 7 Fruit sugar.
- 8 The foods and drink eaten during the day.
- 10 Needed for neural tube of embryos.
- 13 Unit of measurement of energy.
- 14 Mineral which helps build strong bones and teeth.
- 15 Helps make red blood cells.
- 16 Range of ingredients in food that cause reactions if eaten.
- 17 Reference Nutrient Intake.
- 21 Sodium chloride.

