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# Food and Nutrition Crossword Puzzle

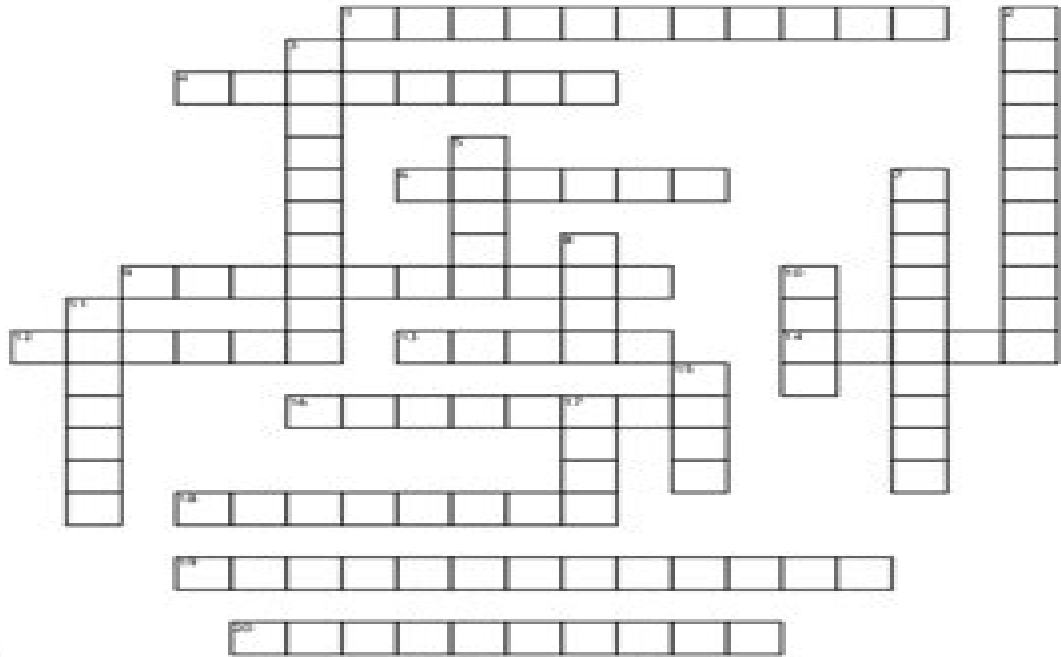
## Across

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



# Nutrition Crossword Guide To Good Food

**Brendan G. Carr**



## **Nutrition Crossword Guide To Good Food:**

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

In a global inundated with monitors and the cacophony of instant transmission, the profound energy and mental resonance of verbal art usually disappear in to obscurity, eclipsed by the regular barrage of sound and distractions. However, nestled within the musical pages of **Nutrition Crossword Guide To Good Food**, a captivating function of literary beauty that pulses with raw thoughts, lies an memorable trip waiting to be embarked upon. Composed with a virtuoso wordsmith, that enchanting opus instructions visitors on a mental odyssey, gently exposing the latent possible and profound impact stuck within the intricate internet of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is key styles, dissect its charming writing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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