

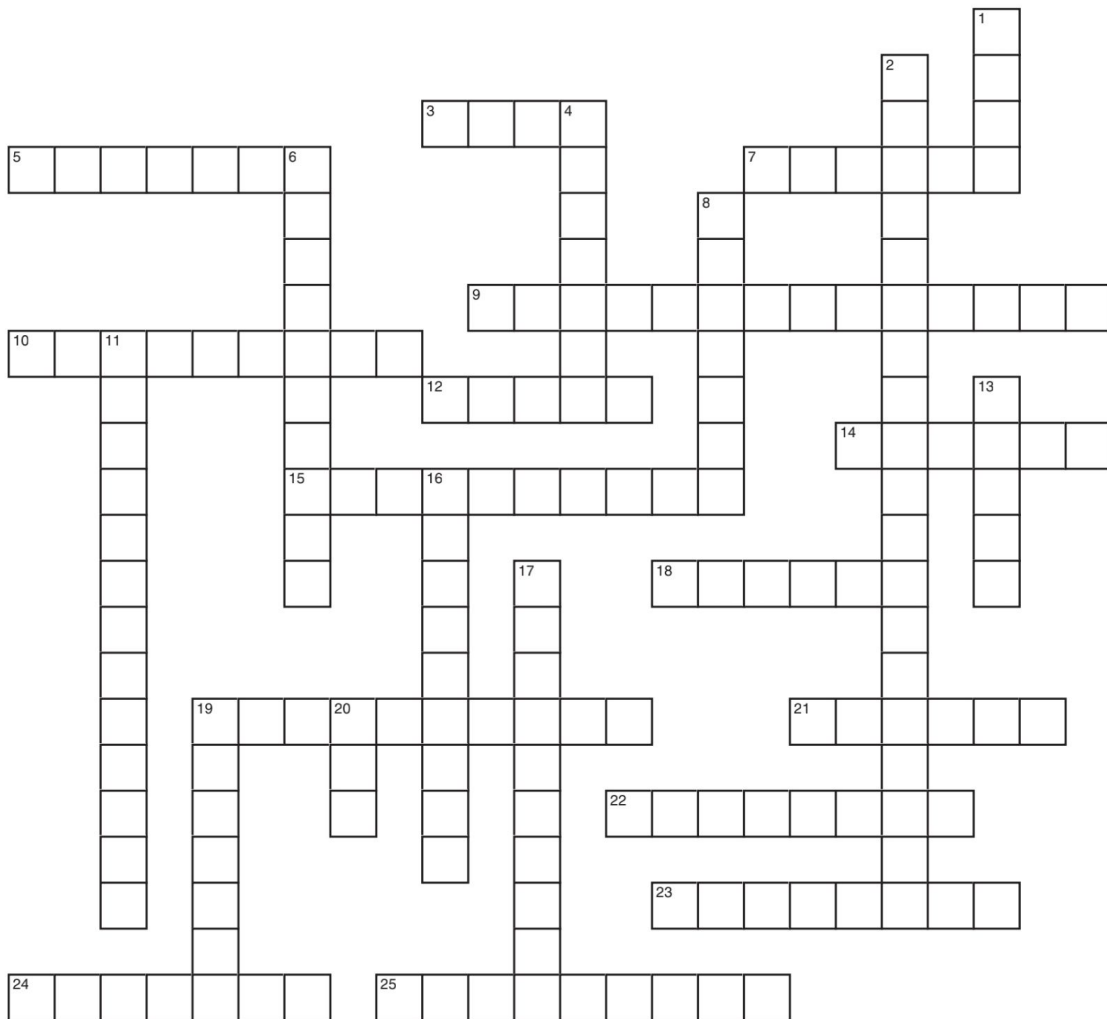
Name: _____

Course Number: _____

Section: _____

Date: _____

Crossword Puzzle



Across

3. generally recognized as safe (abbrev.)
5. this type of fiber has been reported to decrease blood cholesterol levels
7. the storage form of carbohydrates in plants
9. requiring process that forms carbohydrates
10. a commonly used artificial sweetener
12. carbon dioxide is combined with this to form carbohydrates
14. excellent source of fructose
15. low levels of muscle glycogen can result in the early onset of this
18. glucose is this type of sugar
19. formed during the anaerobic breakdown of carbohydrates (2 words)
21. carbohydrates are made in nature by these
22. this index can be used to determine the blood glucose response to a single food
23. the storage form of glucose in humans
24. commonly consumed food that is an excellent source of soluble fiber and carbohydrate
25. the point at which the body starts using more carbohydrates than fats

Down

1. it is best to ingest this type of glycemic index food post-exercise
2. nutritional practice that packs muscle cells with glycogen (2 words)
4. more commonly known as table sugar
6. when coming up with a pre-game or competition meal plan, it is suggested that athletes do this with different foods before the event
8. hormone responsible for increasing glucose uptake by cells
11. the majority of one's total calories should come from these
13. this form of carbohydrate helps move foods through the GI tract
16. a fat cell
17. metabolic pathway that breaks down glucose into pyruvate
19. sugar found in milk
20. glycogen restoration is quicker if carbohydrates are ingested within how many hours post-exercise/competition

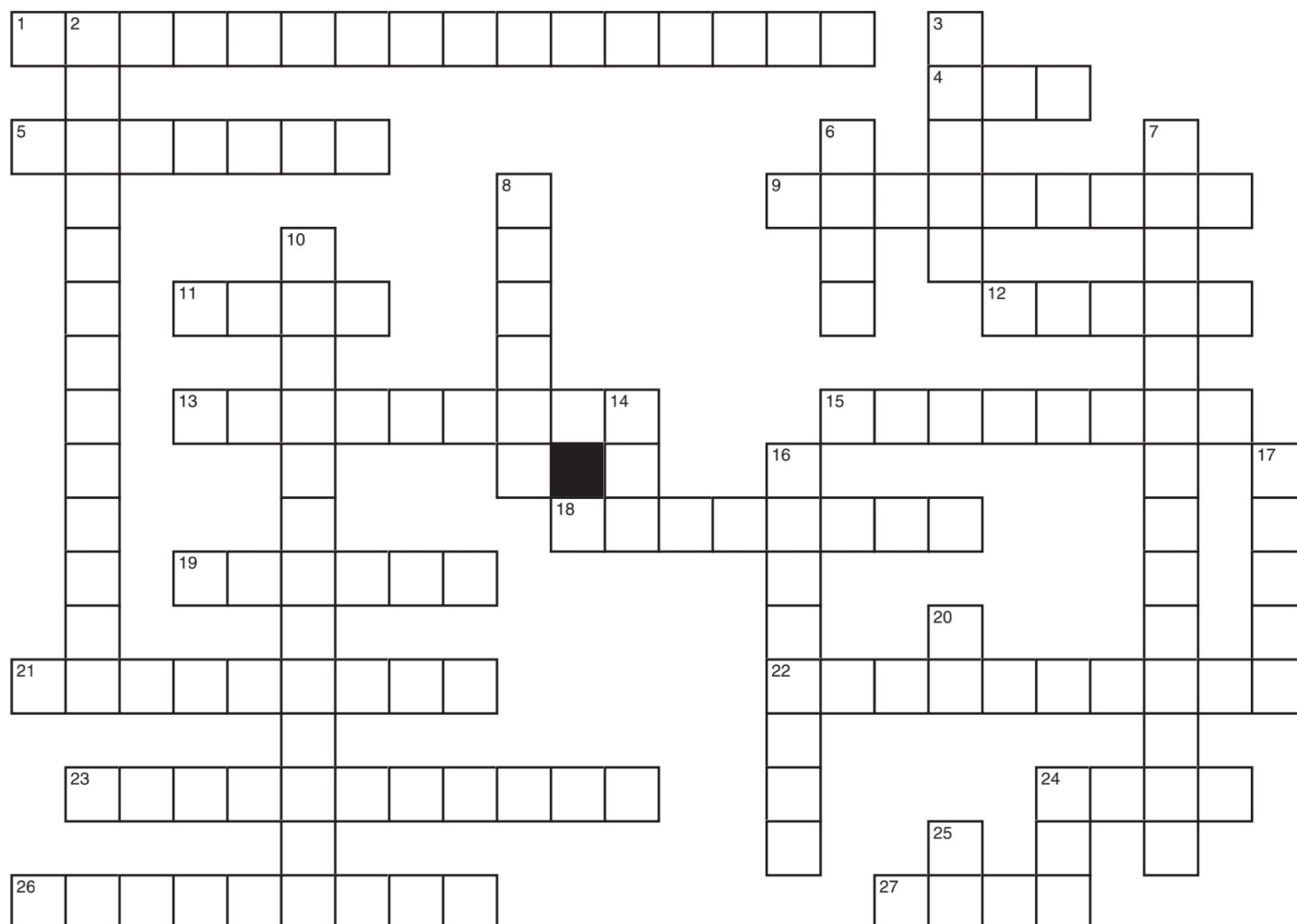
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Crossword Puzzle



Across

1. the Dietary Guidelines for Americans also recommends this (2 words)
4. the body's direct source of energy (abbrev.)
5. less than 0.5 g of fat per serving (2 words)
9. nutrients that cannot be made by the body
11. one micronutrient required to appear on food labels
12. prefix used to describe nutrients, like vitamins and minerals
13. the "E" in EAR
15. these exist in water and fat soluble forms
18. sodium, iodine, calcium, and phosphorus, to name a few
19. food label ingredients are listed in order based on this
21. a food guide for healthy eating
22. adding nutrients lost in processing back to foods
23. the Nutrition Facts panel information on food labels is based on this (2 words)
24. nutrient category with the highest energy density
26. a skill that sports nutrition professionals must develop and practice
27. congressional legislation that requires food labeling (abbrev.)

Down

2. developing a good sport nutrition plan starts with this (2 words)
3. most abundant, nonenergy yielding nutrient in the body
6. overseer of the Dietary Guidelines for Americans (abbrev.)
7. carbohydrates, fats, and proteins
8. a type of claim found on food labels
10. addition of "foreign" nutrients to foods
14. newer, expanded version of RDA (abbrev.)
16. composed of amino acids
17. specialty area in nutrition for active individuals and athletes
20. this is used when an RDA has not been established (abbrev.)
24. food safety agency (abbrev.)
25. intakes above this increase risk for toxicity (abbrev.)

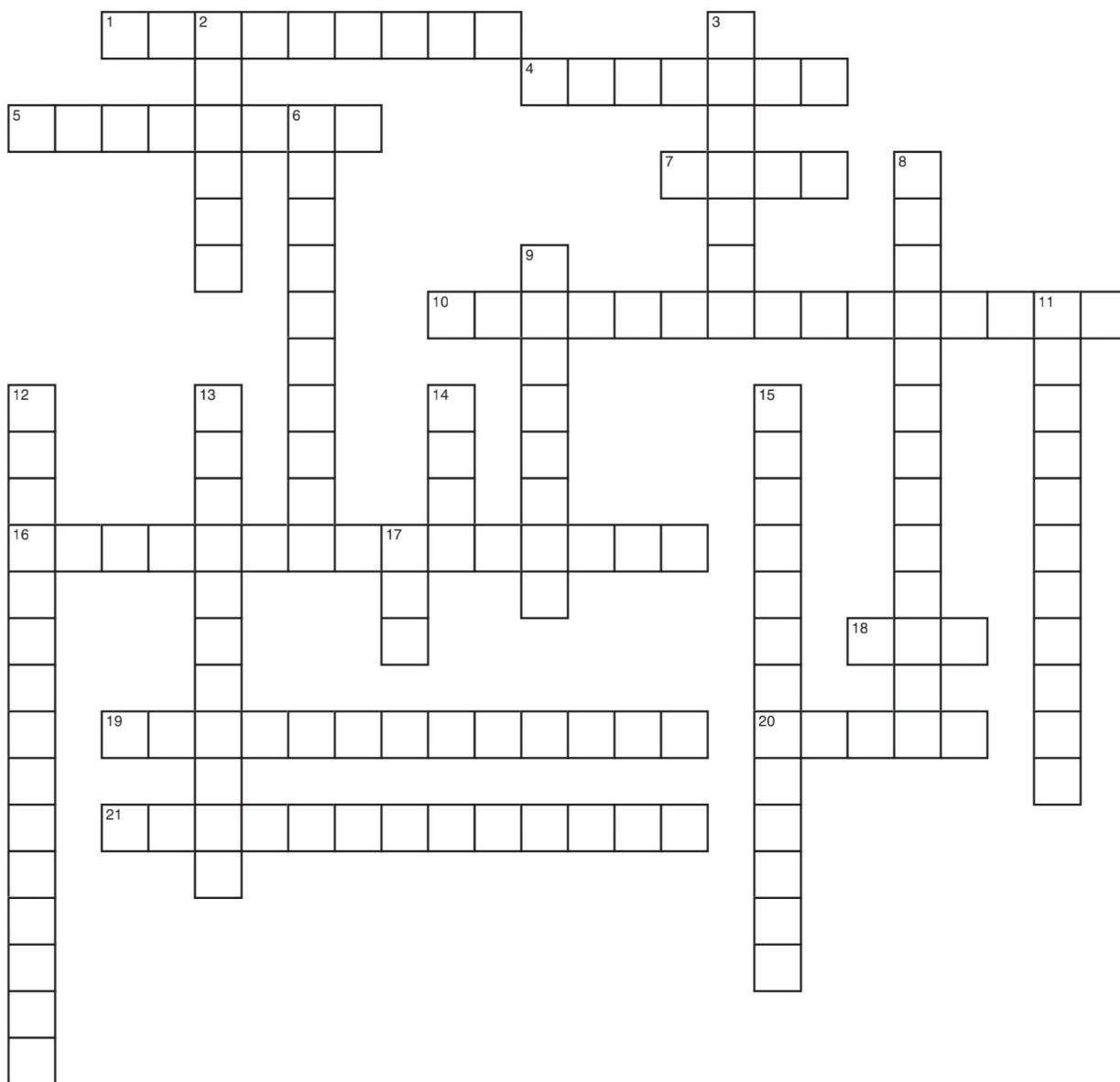
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Crossword Puzzle



Across

1. type of fatty acid with a full complement of hydrogens attached to its carbons
4. a popular fat substitute composed of sucrose and fatty acids
5. the name of fat surrounding internal organs
7. when a fatty acid is cleaved off of a triglyceride, it becomes this
10. type of fat with two or more double bonds in its carbon chain
16. a blood vessel disease resulting from fatty plaque formation
18. isomeric configuration of most naturally occurring unsaturated fats
19. lipids that are found in the cell membranes of plant and animal tissues
20. type of unsaturated fat associated with increased risk for cardiovascular disease
21. the most common lipids found in the body

Down

2. the minimum percentage of fat recommended in an athlete's total daily calories
3. category of lipids that has hydrocarbon rings in its structure
6. fat cells
8. process that can result in the formation of trans-fats
9. makes up the carbon backbone of triglycerides
11. local hormone-like substances produced from omega 3 fatty acids
12. triglyceride synonym
13. term used to describe the water insolubility of fats
14. the number of calories in 1 gram of fat
15. the body's shift to burning more fats due to a high-fat diet (2 words)
17. a bad cholesterol (abbrev.)