

# NUTRITION!

If you are anemic you may need more of this mineral in your diet

\_\_\_ is an essential mineral found in almost every cell in the body

Vitamin B12 helps maintain healthy nerve and \_\_\_ cells

RDA stands for Recommended \_\_\_ Allowance

Fruits and vegetables are natural sources of \_\_\_ as well as vitamins

\_\_\_ acid can help prevent some birth defects

Fish and shellfish are a good source of \_\_\_ -3 polyunsaturated fat

Chromium, copper, iodine and selenium are considered \_\_\_ minerals

A large percentage of our bodies are made up of \_\_\_ - drink up!

\_\_\_ grain breads are better to eat than white

Magnesium is the \_\_\_ most abundant mineral in our bodies

Vitamin B3 is also known as \_\_\_

Salt is listed as \_\_\_ on most food labels

This gives you strong bones

Fish, meat and legumes are a good source of \_\_\_

The USDA uses this shaped structure to show balanced food intake

Vitamin C is also known as \_\_\_ acid

The amount of energy in a particular food is measured in \_\_\_

Toothpaste contains this to prevent tooth decay, but don't swallow it

UV rays from \_\_\_ trigger vitamin D synthesis in the skin

Bananas are a good source of \_\_\_, but potatoes have more

High intake of \_\_\_ fats, trans fats and cholesterol is not good for you

Iron-containing \_\_\_ transports oxygen to lungs via red blood cells

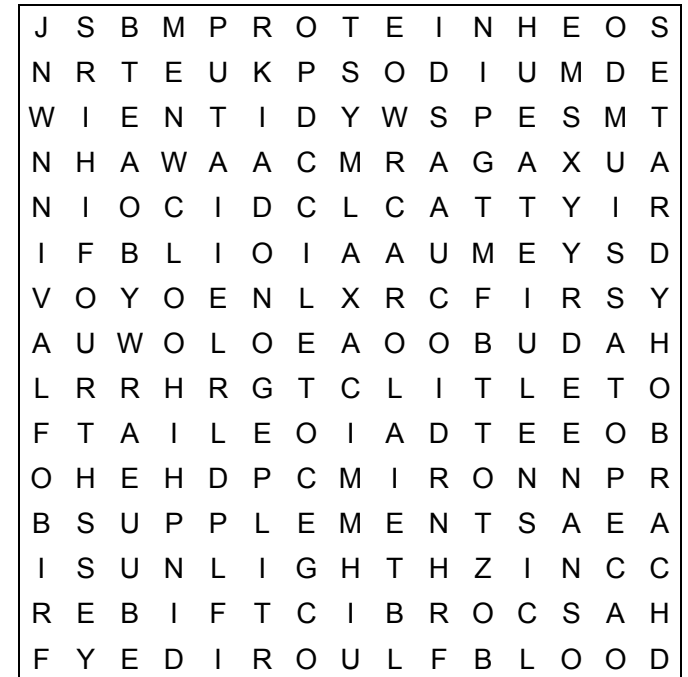
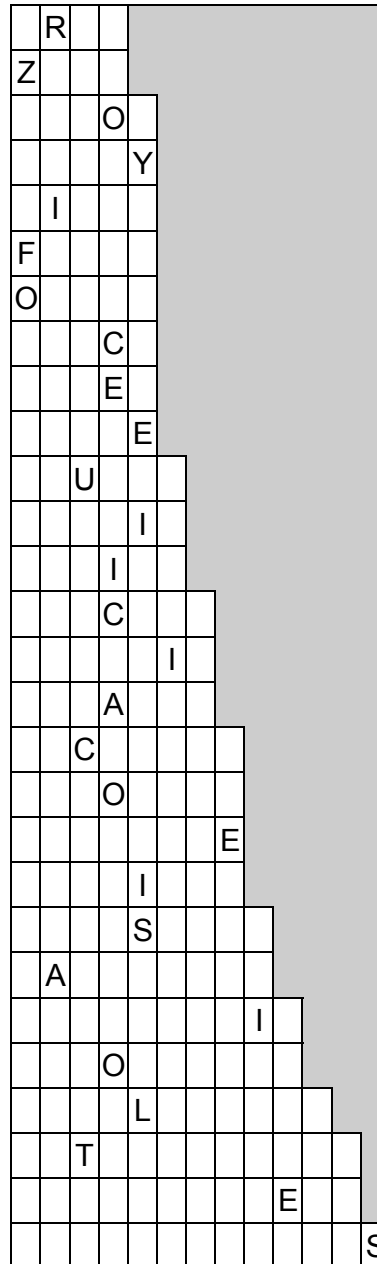
Vitamin B2 is also known as \_\_\_

Many people take vitamin and mineral \_\_\_ on a daily basis

Supplements with vitamins A, C and E are called \_\_\_

Carrots and broccoli are goods sources of Vitamin A and \_\_\_

\_\_\_, in the form of breads and vegetables, are a good source of energy



Enter unused letters from puzzle, in order:

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Copy boxed letters to form your hidden message:

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