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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Micronutrients

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| **Across**  **8.** Vitamin E is required for the proper function of many organs in the body, and is also an \_\_\_\_\_\_\_\_\_\_\_\_\_. This means it helps to slow down processes that damage cells.  **10.** These vitamins are water soluble.  **12.** A, B, C, D, E, K  **14.** Milk, yogurt, and cheese are rich natural sources of \_\_\_\_\_\_\_\_\_\_\_\_ and are the major food contributors of this nutrient to people in the United States.  **16.** There are this many vitamins that make up vitamin B complex  **17.** This mineral works with calcium to help build bones  **19.** Calcium, magnesium, sodium, iodine, iron are examples. | **Down**  **1.** \_\_\_\_\_\_\_\_\_\_\_ are high in vitamin A and may turn your skin orange if you eat too many.  **2.** The body uses sodium to control \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **3.** Deficiency of vitamin D in adults can lead to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  **4.** This mineral started being added to table salt in 1924 to prevent goiter  **5.** This mineral helps regulate fluid balance, muscle contractions and nerve signals.  **6.** Citrus fruits, tomatoes and tomato juice, and potatoes are major contributors of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the American diet  **7.** Whole grains are a good source of this mineral.  **9.** Iron is best absorbed from \_\_\_\_\_\_\_\_\_\_\_\_\_ sources.  **11.** Deficiency of this mineral has been proven to result in weakened immune system which may lead to having more colds.  **13.** These vitamins are fat soluble.  **15.** When levels of this mineral are low, fatigue, weakness and difficulty maintaining body temperature often result.  **18.** The best source of vitamin D |

   Vitamins       Minerals       Vitamin C       Osteomalacia       Calcium       Sun       Blood pressure       Iodine       ADEK       BC       iron       Magnesium       Zinc       eight       Animal       Carrots       Antioxidant       Potassium       Phosphorus