Milk

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| **Across****3.** Niacin help’s the body’s enzymes function normally by converting nutrients into \_\_\_\_. **4.** Dairy milk comes from \_\_\_\_.**5.** Milk is one of the original \_\_\_\_-to-table foods, a wholesome and simple, minimally processed beverage.**8.** The naturally occurring sugar in milk. **11.** Vitamin A is important for good \_\_\_\_\_, healthy skin and a healthy immune system.**12.** Milk is an excellent source of vitamin D, with 30% of the Daily Value in each \_\_\_\_-ounce glass.**14.** The high quality \_\_\_\_\_ in milk helps build and maintain lean muscle.  | **Down****1.** At just about 25 \_\_\_\_ per glass, milk offers more nutritional value than just about any other beverage you can buy.**2.** Getting enough protein at \_\_\_\_ helps you stay fuller, longer.**6.** Eight ounces of milk has as much \_\_\_\_ as 10 cups of raw spinach.**7.** Pouring at least one glass of milk each day could not only boost your intake of much-needed key nutrients, but it could also positively impact your \_\_\_\_ and mental performance.**9.** Flavored milk has the \_\_\_\_ nutrients as white milk. **10.** One 8-ounce serving of milk has \_\_\_\_ essential nutrients.**13.** Milk typically arrives on grocery store shelves in just \_\_\_\_ days, from many family-owned and operated dairy farms. |