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. |