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Nutrients

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| **Across**  **3.** Macro nutrient  **4.** source of vitamin e, many people have allergies to this  **7.** source of vitamin d  **11.** water soluble vitamins  **12.** deficiency disease of iron  **17.** iron makes this substance in the blood, it helps carry oxygen  **18.** fat soluble vitamins  **19.** the function of this vitamin is to heal cuts and wounds  **20.** helps prevent bowel disease and constipation  **21.** the function of this vitamin is to release energy from food and health nerves  **23.** we should drink 8 glasses of this aday  **24.** this mineral controls water balance in the body  **25.** this vitamin helps absorb iron  **26.** the vitamin that helps blood clot  **28.** this vitamin helps absorb calcium  **29.** this nutrient protects our delicate organs  **30.** deficiency disease of calcium  **32.** deficiency disease of vitamin b | **Down**  **1.** a citrus source of vitamin c  **2.** deficiency disease vitamin A  **5.** this mineral helps make teeth strong  **6.** another deficiency disease of vitamin b  **8.** deficiency disease of vitamin c  **9.** a macro nutrient  **10.** this mineral combines with calcium for strong bones and teeth  **13.** another name for vitamin c  **14.** the RDA of this nutrient if 25-35g aday  **15.** a mineral found in the bones of tinned fish  **16.** too much of this type of fat builds cholestrol on the walls of our arteries  **22.** deficiency disease vitamin D  **27.** this nutrient helps produce hormones, enzymes and antibodies  **31.** a source of vitamin b from an animal |