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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 |