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Nutrients

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| 6M |  I |  N |  E |  R |  A |  L |  S |  |  I |  | 7W |  |  I |  |
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| **Across****5.** The nutrient contained in dairy, beans and eggs.**6.** Potassium, sodium, calcium**8.** The nutrient contained in bread, grains and starchy vegetables.**9.** the nutrient which comes from omega 3 rich foods, nuts, seeds and avocado.**10.** A substance that provides nourishment for everyday life and growth. | **Down****1.** Found in red meats, in two forms, haem/non-haem**2.** A,B,C,E,K**3.** Keep your sodium intake under 2400 ---------- per day**4.** Protein is broken down into these.**7.** Helps transport nutrients around the body |