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Nutrients

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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 |