Nutritious Crossword Puzzle

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| **Across**  **1.** The vitamins protects against hip fractures  **5.** What is water that has a high calcium & magnesium content, called?  **10.** A smokers bone denisty is much \_\_\_\_\_\_\_ than a non smokers bones  **11.** Vitamin B3 is known as  **13.** Define the process: Hardening of bone due to minerals crystallizing on the collagen matrix of a growing bone.  **14.** What is essential for vision, growth and development, and immune function.  **15.** The inablitiy to digest the sugar found in milk or dairy products | **Down**  **2.** A deficiency in vitamin C can lead to bleeding of the gums, this is a condition known as  **3.** Nutritients that the body produces insufficiently or not at all?  **4.** Disaccharides is composed of \_\_\_\_\_\_?  **6.** A medical condition in which the bones become brittle and fragile from loss of tissue, typically as a result of a deficiency of calcium or vitamin D.  **7.** In what products is calcium found?  **8.** A deficiency in what vitamin leads to the lack of calcium adsoprtion into the body?  **9.** From what protein is hair composed of  **12.** an example of a non-milk source of Calcium |