Vitamins and Minerals Crossword

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| **Across**  **2.** Vitamin A is found in deep \_\_\_\_\_\_\_ fruits.  **4.** Also called vitamin B  **5.** Needed for a healthy nervous system  **10.** Cyanocobalamin helpz build \_\_\_\_\_ \_\_\_\_\_\_ cells.  **11.** Aides in the creation of blood.  **14.** This mineral can be found in some nuts.  **17.** Potassium can be found in \_\_\_\_\_\_\_\_.  **19.** Riboflavin keeps \_\_\_\_\_\_\_\_\_\_ tract healthy  **20.** Folate prevents \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_. | **Down**  **1.** Not found in nuts.  **3.** Only found in some fruits and vegtables.  **6.** \_\_\_\_\_\_\_\_\_\_\_ is a vitamin.  **7.** A mimeral that comes in large quantities in fast food resturant fokd or packaged food.  **8.** Aides in energy production.  **9.** Food source of Vitamin K.  **12.** You can get vitamin D from the \_\_\_\_\_\_\_\_.  **13.** When low on iron you can develope this.  **15.** Found in whole grain breads.  **16.** Calcium builds \_\_\_\_\_\_\_\_.  **18.** Chloride helps with tge regulation and \_\_\_\_\_\_\_\_ of blood cells |