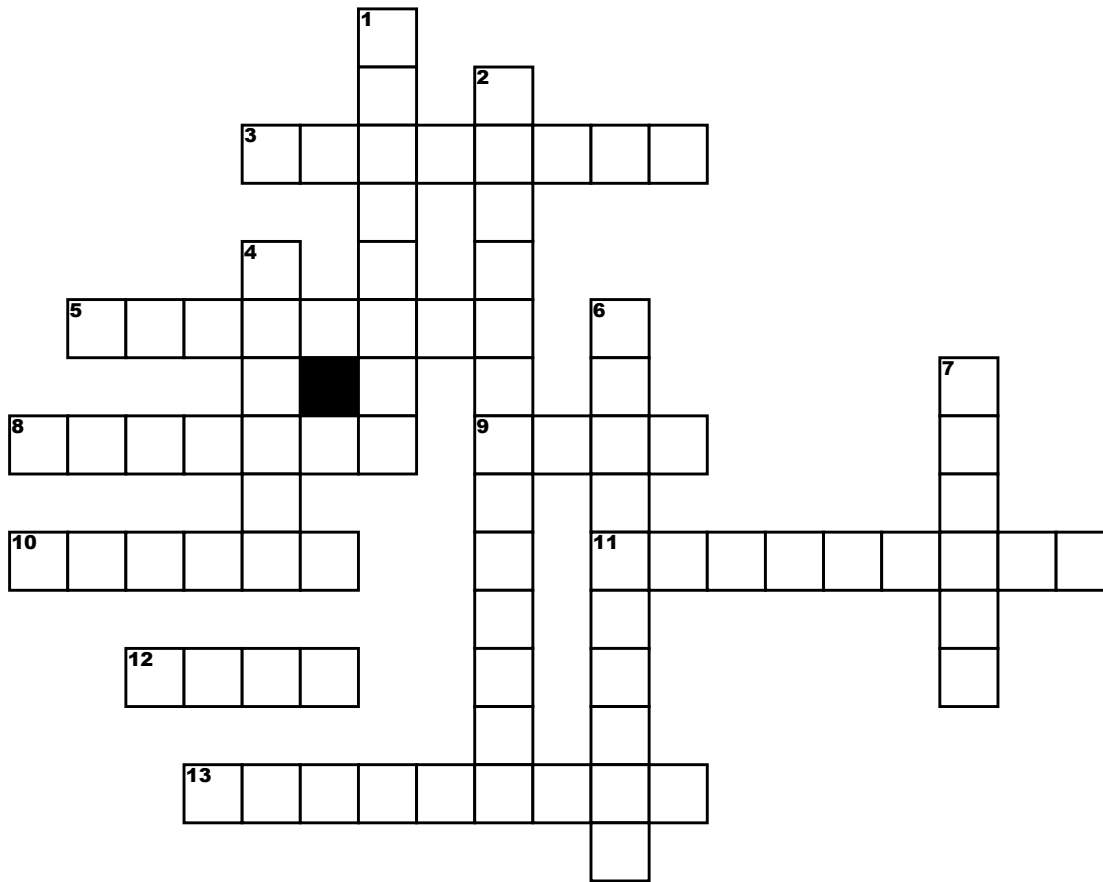


# Minerals



## **Across**

**3.** table salt and is a electrolyte

**5.** water supplies ( added to help improve dental health

**8.** Dairy products  
canned fish, with edible bones, dry beans, peas and lentiles

**9.** meat, fish egg yolk, dark green and leafy vegetables

**10.** whole grain products, sea food, variety meats

**11.** fruit; including bananas and oranges, vegetables, and meat

**12.** meat, liver poultry fish, shell fish , dairy products

**13.** whole grain products, green vegetables, dry beans and peas

## **Down**

**1.** whole grain beans and cereals ( amount varies with content in soil)

**2.** minerals that you need in the amount of less than 100mg a day.

**4.** salt water fish and iodized salt

**6.** meat, poultry, fish, eggs, nuts , dry beans

**7.** table salt ; processed foods