

Vitamins and Minerals

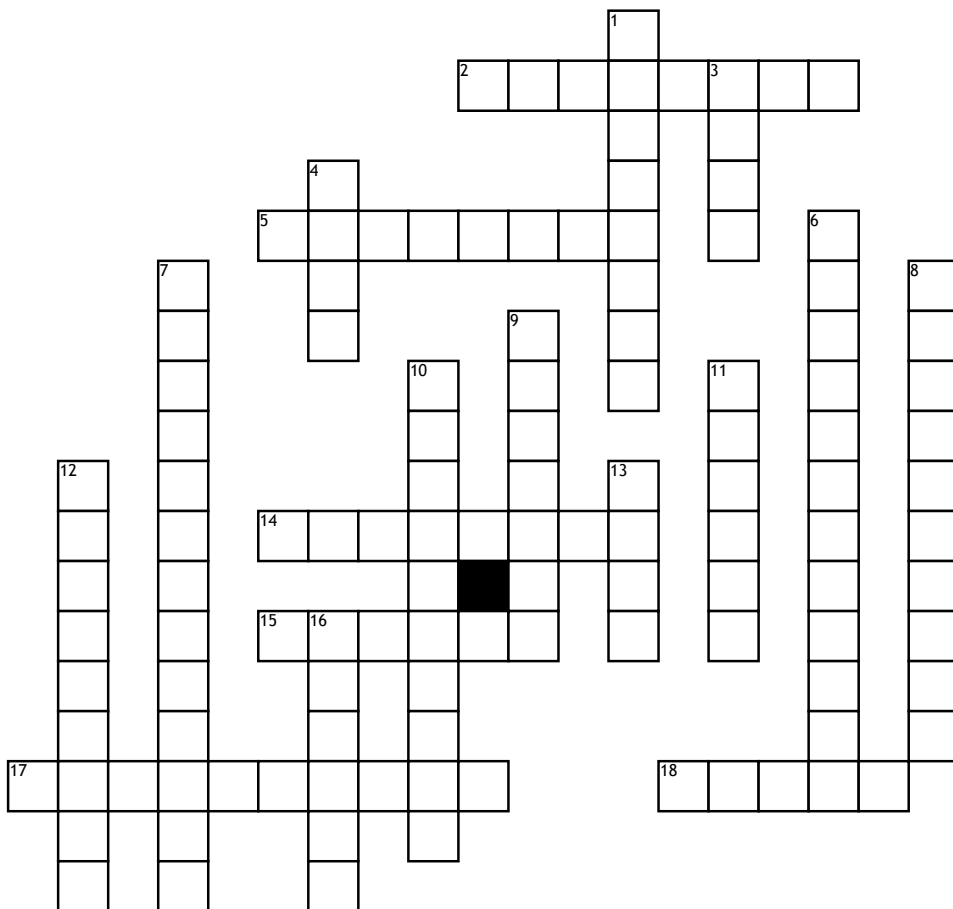
Across

2. This vitamin is good for your immune system and found in citrus fruits
5. Fat soluble vitamin that is an antioxidant and good for your skin
14. When you spend time outside in the sunshine, your body makes
15. Many Americans get much more of this than they need
17. Only found in Animal Foods
18. Makes up 60% of your body

Down

1. Dangerous for kids because they can easily overdose
3. Deficiency in this is called anemia
4. Trace Mineral that has 100 functions in the human body
6. Type of vitamins that needs to be taken daily because they regularly gets flushed out
7. Needed in very small amounts but very important
8. WW.

flav is usually add back into bread & grain products



9. Found in milk, a mineral good for bones
10. Vegans are at risk for being low in iron and
11. Pregnant women need this before an during pregnancy
12. Found in Bananas, an important electrolyte
13. Vitamins are Fat Soluble
16. Vitamin A can be found in vegetables and fruits that are this color

