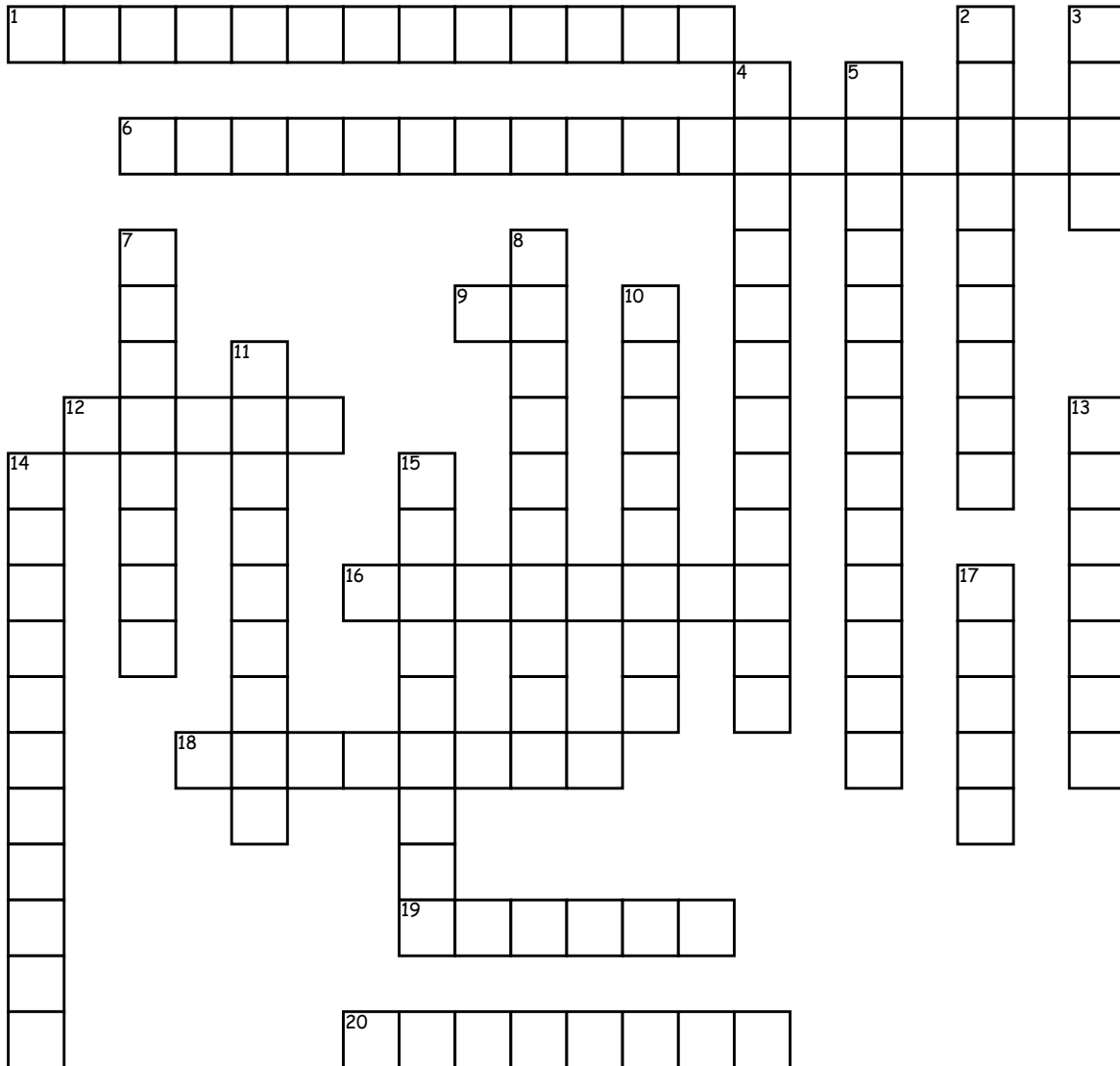


# Vitamins and minerals



**Across**

- 1. Categories of minerals
- 6. There are two types of vitamins
- 9. Thiamin
- 12. Include calcium, chloride, magnesium, phosphorus, potassium
- 16. There are 13 essential.
- 18. Responsible for absorption and utilization of calcium
- 19. It is recommended to stay in a range of 1,500 to 2,400 mg / day

20. 22 needed by the body

**Down**

- 2. Only found in animal products
- 3. Fat-soluble vitamins
- 4. Deficiency associated with vitamin D
- 5. Vitamin K is responsible for.
- 7. Deficiency is rare, found in oils.
- 8. Key to metabolism

10. Promotes good vision and healthy skin

- 11. Key role in red blood cell formation and cell division
- 13. Helps to convert carbohydrates to energy
- 14. Sources of vitamin A
- 15. These are responsible for energy production.
- 17. Include iron, zinc, iodine, selenium, copper, manganese, fluoride