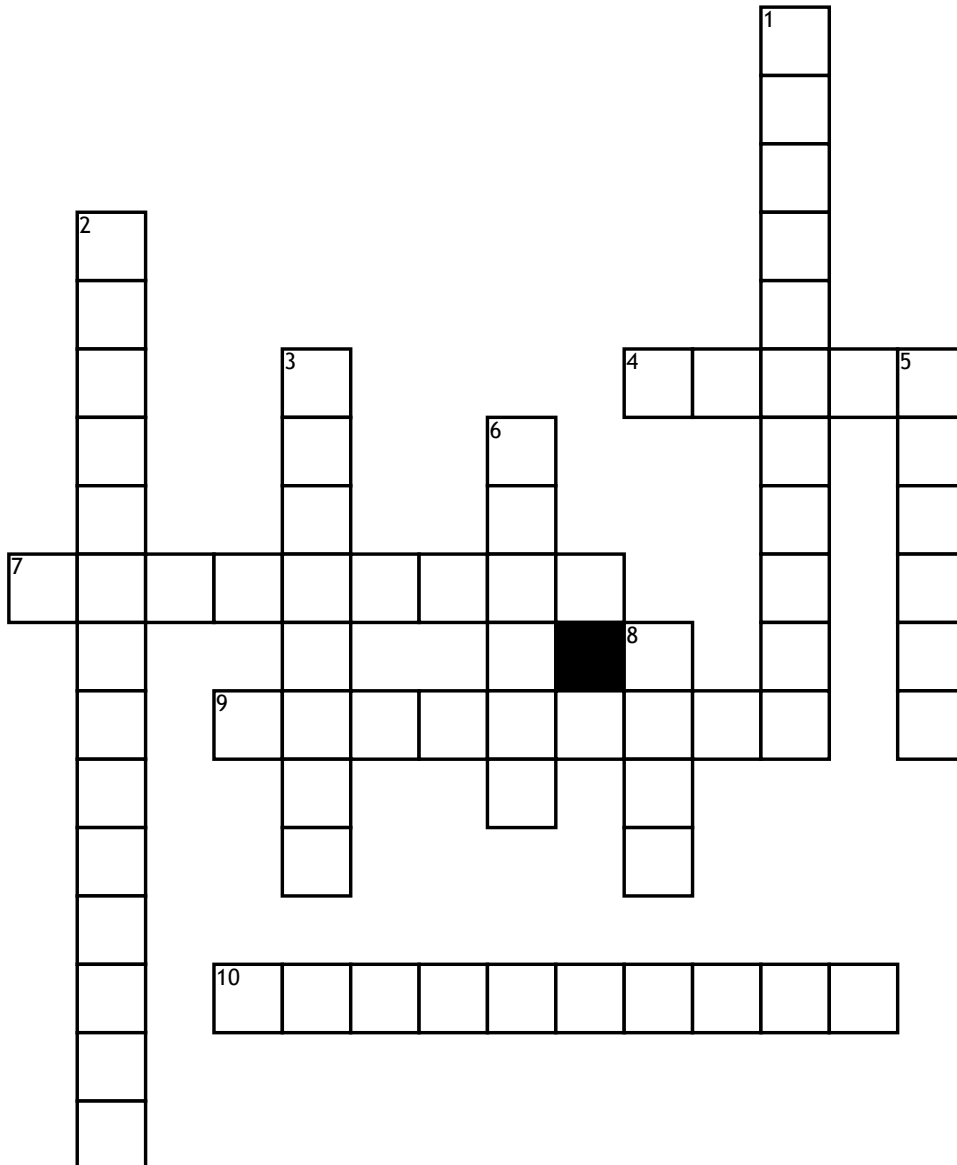


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Iron Deficiency Anemia



## Across

4. A good source of Nonheme Iron that's high in carbs

7. Harsh lighting, loud noises cause what?

9. A symptom associated with lightheadedness

10. Gives red blood it's colour

## Down

1. What might your doctor recommend?

2. One of the causes for Anemia

3. Enhances your body absorption of Iron

5. Who to see when showing symptoms

6. When your body doesn't have enough red blood cells

8. Chicken and beef are good sources of what type of Iron?