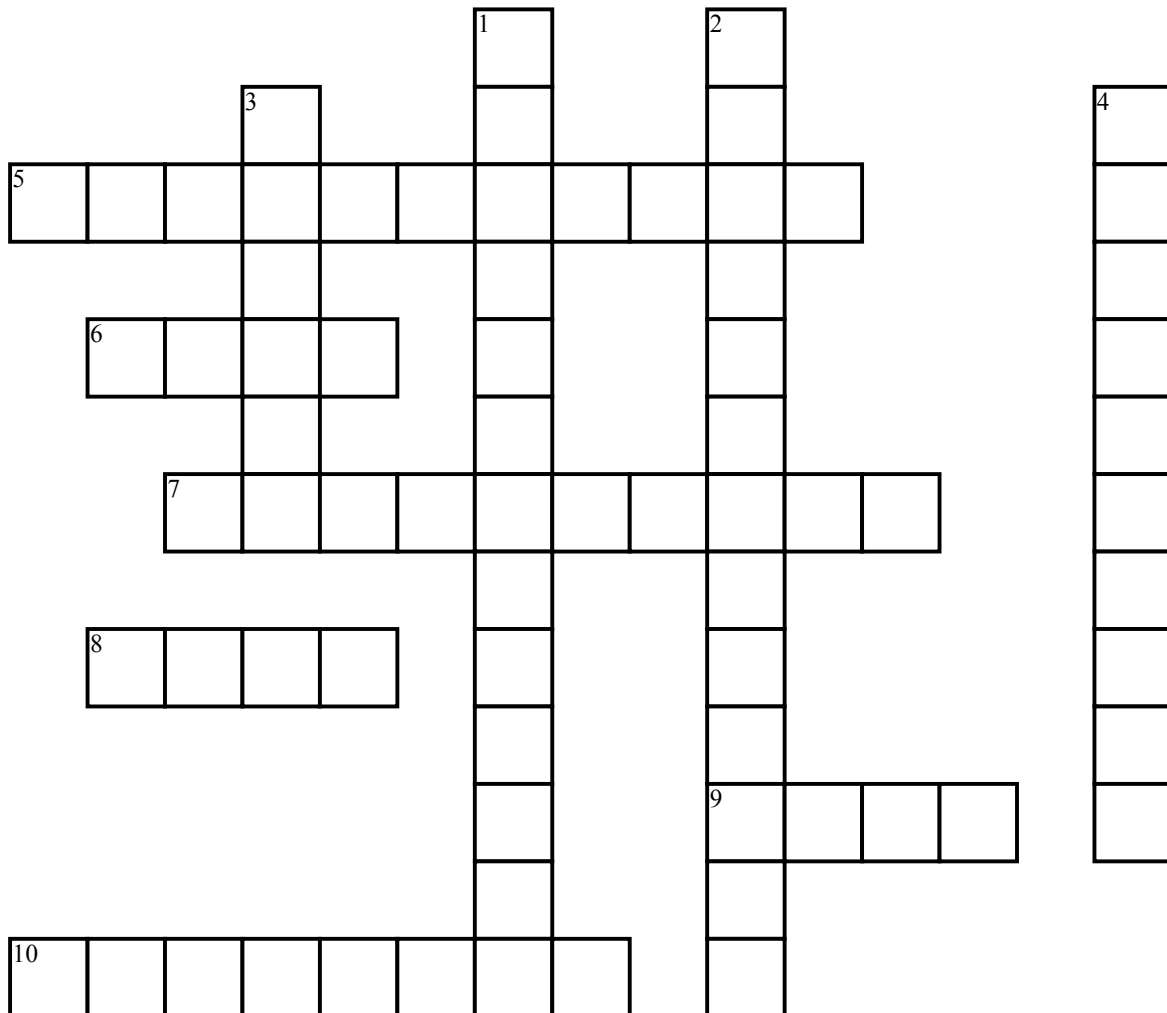


Name: \_\_\_\_\_

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

# Iron Deficiency Anemia



## Across

- 5. Food source that is rich in iron
- 6. How much iron should a woman have b/w 19 and 50 have per day
- 7. Cause of anemia
- 8. How many milligrams of iron should you stay below per day
- 9. Another food source rich in iron

- 10. A symptom of iron deficiency

## Down

- 1. What does the body lack if you have anemia
- 2. A severe symptom of iron deficiency
- 3. Iron deficiency causes this
- 4. Iron is essential for making this