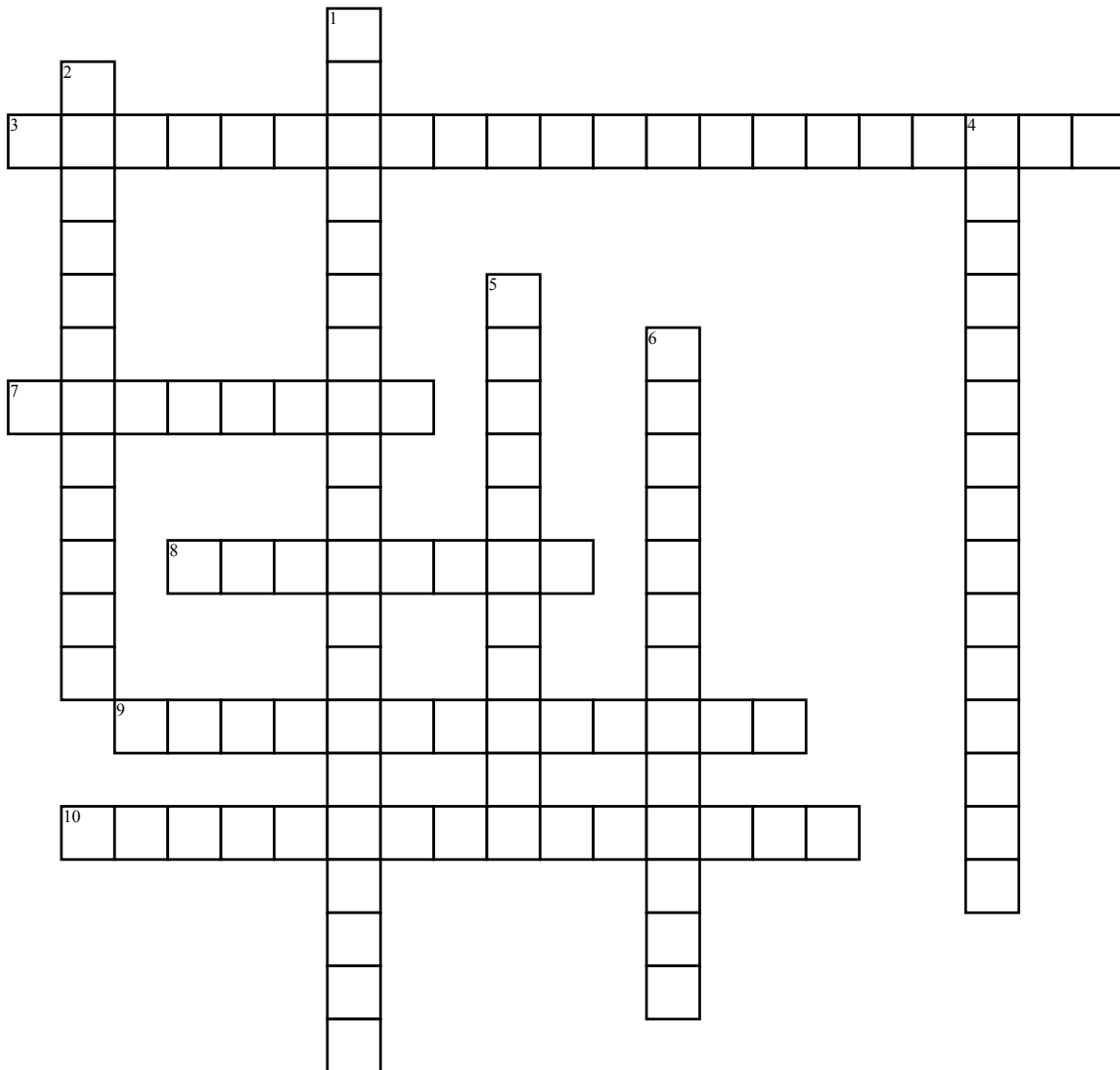


Ironation-All about iron



Across

- 3. What is MAD
- 7. Inhibitors of iron in a plant based diet
- 8. The vitamin which helps in iron absorption
- 9. Full form of IFA
- 10. Short term strategy to combat iron deficiency anemia

Down

- 1. Introduction of foods other than breast milk
- 2. Micro nutrient deficiency is also known as
- 4. Constant balance of iron
- 5. Household method to remove phytates in foods like beans
- 6. Addition of one or more nutrients in the food