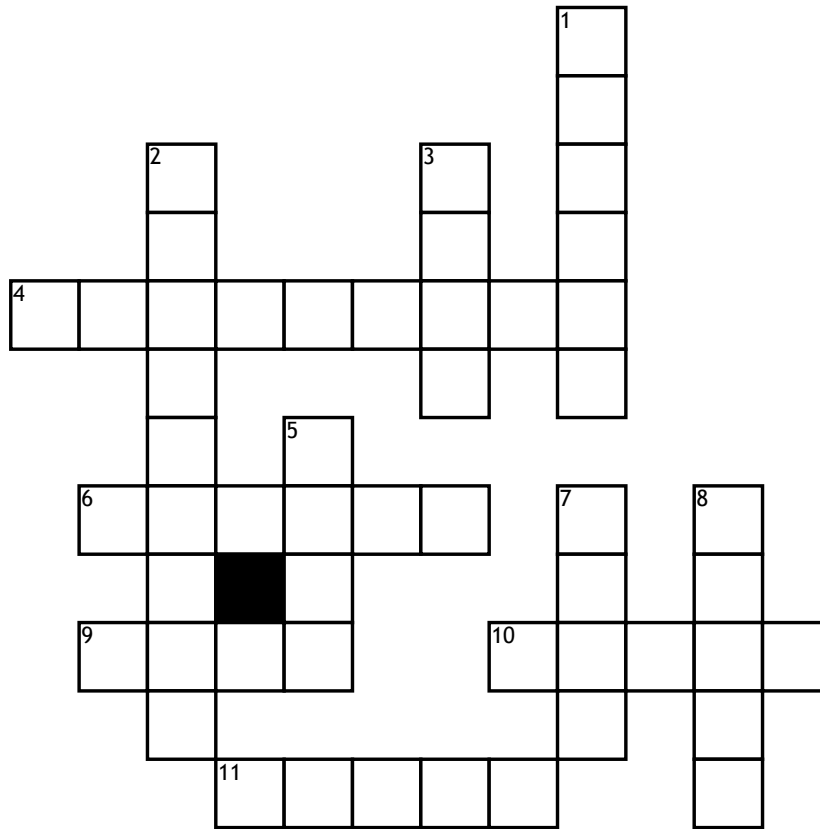


Name: _____

Date: _____

Love Your Heart



Across

4. Check for the word _____ in the ingredient list of food labels to avoid high phosphorus foods.
6. I'm a yellow fruit that can cause your potassium to increase and stop your heart.
9. Eat lots of ____ for adequate protein
10. 32 ounces of _____ is recommended per day.
11. I'm kidney shaped and high in Phosphorus, so love me occasionally

Down

1. I can use these on my food instead of salt for flavoring.
2. High amounts of phosphorus accumulates in arteries and can cause _____.
3. High phosphorus causes bones to become_____.
5. Too much of this mineral can retain fluid in your body and make you thirsty.
7. I'm a beverage you might drink at the movies that's high in phosphorus.
8. _____ products are high in phosphorus (Mooooo).

Word Bank

blockages spices cola Meat Dairy Beans
phosphate weak Banana fluid salt