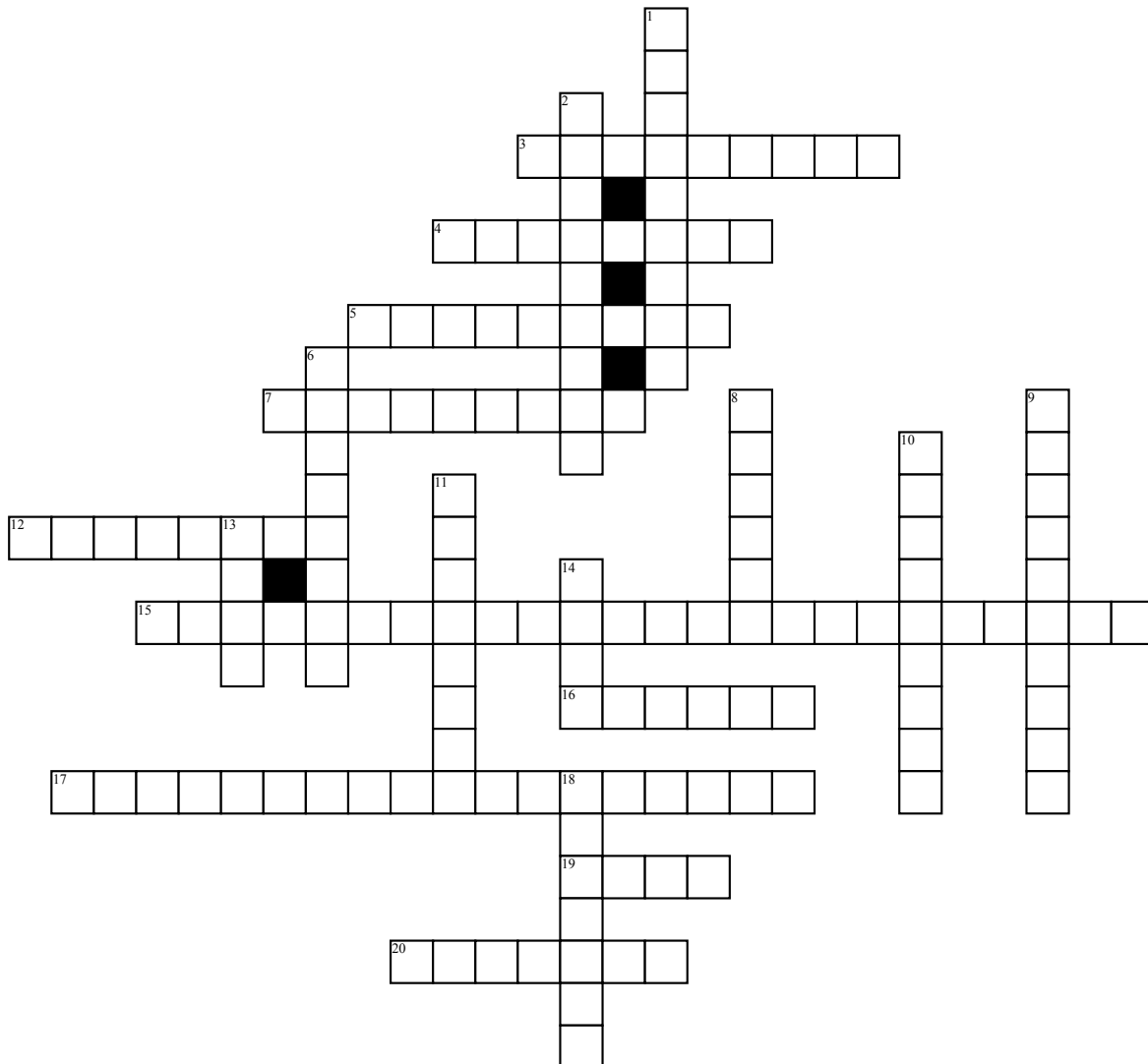


Name: _____

Date: _____

Nutrition



Across

- 3. what deficient is least possible for this compound ?
- 4. which vitamin has digestive problems if it has a abundance?
- 5. what compound is found in yogurt,beef liver and milk
- 7. What vitamin helps to release energy from carbohydrates?
- 12. What protein if too much damages CSN?
- 15. what is important in a healthy life?
- 16. You get wilsons disease from this compound?

- 17. one in one million people have a in _____?
- 19. what protein is found in old paints and old pipes?
- 20. Can get from industrial pollution and smoke what compound is this?

Down

- 1. What vitamin give rare problems in abundance ?
- 2. beriberi is a deficiency in what vitamin?
- 6. What vitamin if deficit damages the peripheral nerves and muscle nerves?

- 8. what protein is found in Liver and egg yolk?
- 9. What deficiency in what compound causes mostly blood disorders?
- 10. if low in this protein you can have muscle spasms?
- 11. what other thing is important with good nutrition?
- 13. What protein in deficit gives you anemia?
- 14. This protein is found a lot in the hippocampus?
- 18. what does vitamin D help bring?