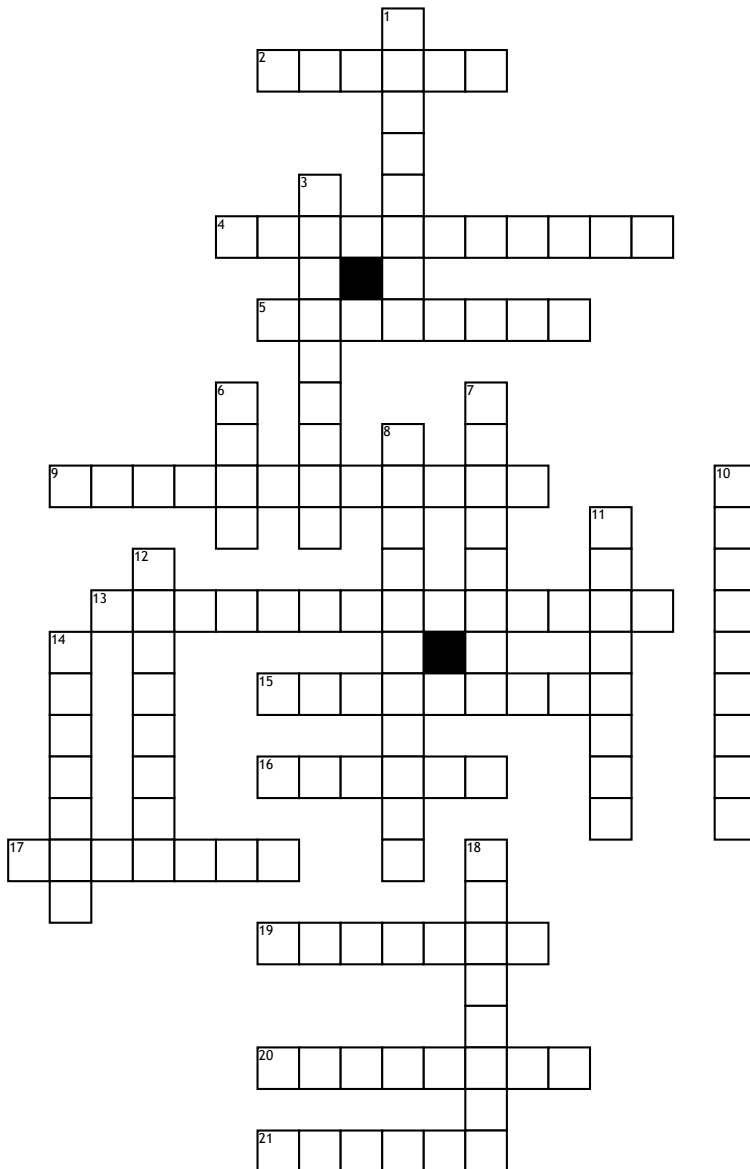


# Vitamins and Minerals



## Across

2. Found in Iodized salt, seafood, bread and dairy products.
4. An inactive form found in food that the body converts to the active form of vitamins.
5. Acts as an antioxidant to protect vitamin A and polyunsaturated fatty acids from being destroyed.
9. Substances that donate electrons to free radicals to prevent oxidation.
13. Nutrients that are needed in very small amounts.
15. The fourth most abundant mineral in the body
16. Its function is fluid and electrolyte balance, acid-base balance, maintains muscle irritability, regulates cell membrane permeability and nerve impulse transmission.

17. Weakening of bones (leading to bowing of legs) due to lack of vitamin D.
19. Macro mineral which helps bones, teeth, blood clotting, muscles and nerves.
20. This vitamin is good for the immune system and often found in citrus.
21. The generic term for this B vitamin that includes both synthetic folic acid found in vitamin supplements and fortified foods.

## Down

1. Fat soluble vitamin that maintains hair and skin cells and also prevents night blindness.
3. Water soluble vitamin which helps form RBCs and WBC, RNA and DNA.
6. Anemia is caused by a lack of what mineral?

7. Organic compounds made of carbon, hydrogen, oxygen, and sometimes, nitrogen or other elements.
8. Natural plant pigments found in deep yellow and orange fruits and vegetables and most dark green leafy vegetables.
10. Naturally present in most foods, such as fruits, vegetables, whole grains, meats, milk, and yogurt.
11. the body needs exposure to sunlight is optimal and liver and kidney functions are normal to make this vitamin.
12. Used for synthesis of blood clotting proteins and a bone protein that regulates blood calcium.
14. Deficiency in this vitamin is Beriberi
18. Deficiency in this causes susceptibility to dental decay; may increase risk of osteoporosis.