If you are anemic you may need more of this mineral in your diet.
__ is an essential mineral found in almost every cell in the body.
Vitamin B12 helps maintain healthy nerve and __ cells.
RDA stands for Recommended __ Allowance.
Fruits and vegetables are natural sources of __ as well as vitamins.
__ acid can help prevent some birth defects.
Fish and shellfish are a good source of __-3 polyunsaturated fat.
Chromium, copper, iodine and selenium are considered __ minerals.
A large percentage of our bodies are made up of __ - drink up!
__ grain breads are better to eat than white.
Magnesium is the __ most abundant mineral in our bodies.
Vitamin B3 is also known as __.
Salt is listed as __ on most food labels.
This gives you strong bones.
Fish, meat and legumes are a good source of __
The USDA uses this shaped structure to show balanced food intake.
Vitamin C is also known as __ acid.
The amount of energy in a particular food is measured in __.
Toothpaste contains this to prevent tooth decay, but don’t swallow it.
UV rays from __ trigger vitamin D synthesis in the skin.
Bananas are a good source of __, but potatoes have more.
High intake of __ fats, trans fats and cholesterol is not good for you.
Iron-containing __ transports oxygen to lungs via red blood cells.
Vitamin B2 is also known as __.
Many people take vitamin and mineral __ on a daily basis.
Supplements with vitamins A, C and E are called __.
Carrots and broccoli are goods sources of Vitamin A and __ __, in the form of breads and vegetables, are a good source of energy.