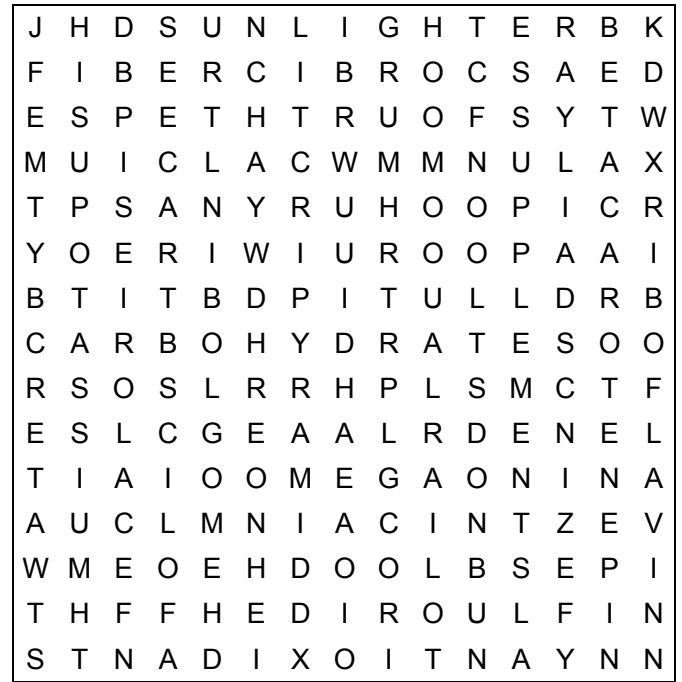
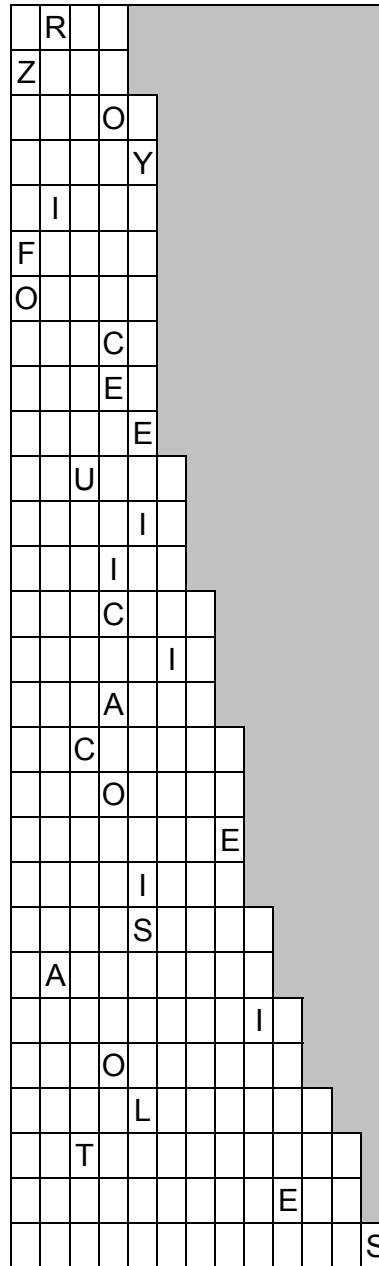


NUTRITION!



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



Enter unused letters from puzzle, in order:

___ ___ ___

___ ___ ___ ___

___ ___ ___ ___

Copy boxed letters to form your hidden message:

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