## **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 of3 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

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