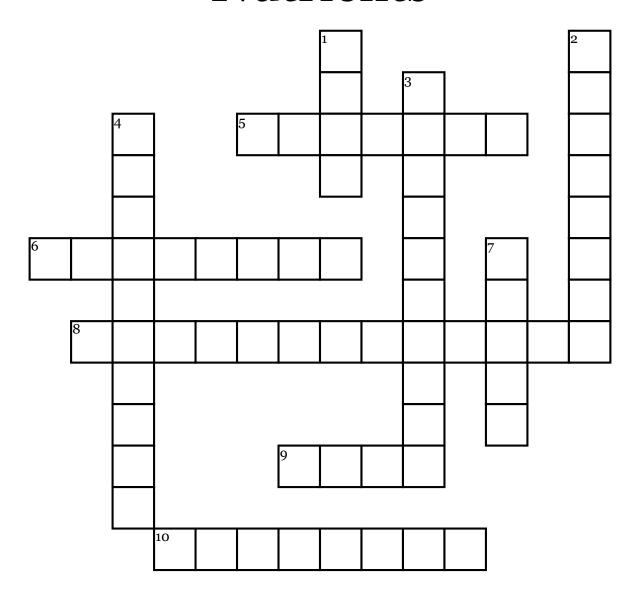
Nutrients



Across

- **5.** The nutrient contained in dairy, beans and eggs.
- 6. Potassium, sodium, calcium
- **8.** The nutrient contained in bread, grains and starchy vegetables.
- **9.** the nutrient which comes from omega 3 rich foods, nuts, seeds and avocado.
- **10.** A substance that provides nourishment for everyday life and growth.

Down

- 1. Found in red meats, in two forms, haem/non-haem
- **2.** A,B,C,E,K
- **3.** Keep your sodium intake under 2400 ----- per day
- 4. Protein is broken down into these.
- 7. Helps transport nutrients around the body