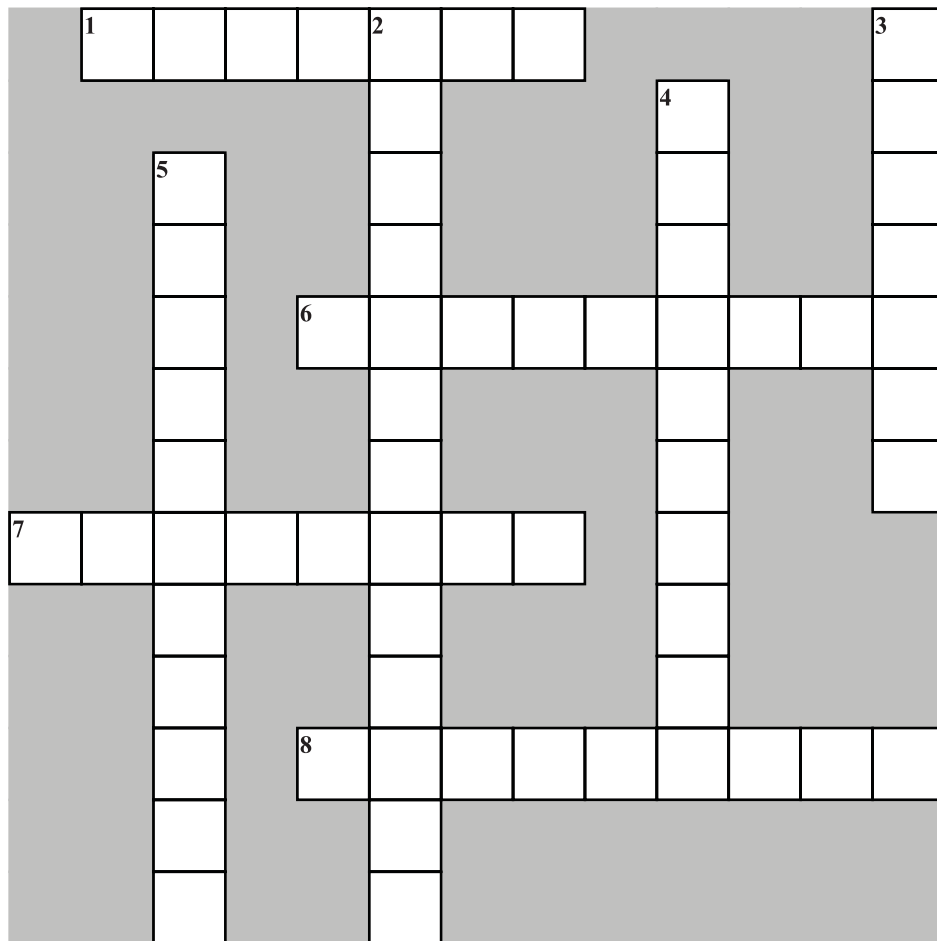


Use your Mineral Dictionary to help you solve the puzzle.

# NUTRITION

## CROSSWORD PUZZLE: MINERALS



### Across

- 1 Good sources of magnesium that help the heart maintain a natural rhythm.
- 6 This mineral is found in bananas and green leafy vegetables
- 7 Iodine is essential for producing \_\_\_\_\_.
- 8 A lack of \_\_\_\_\_ can cause irritability, muscle spasms, and abnormal heart rhythms.

### Down

- 2 Flouride, iodine, iron and zinc.
- 3 Complex proteins that act on other chemicals in the body to speed up processes like digestion.
- 4 This abundant mineral helps the kidneys to filter waste.
- 5 Too little sodium can lead to this fluid imbalance.