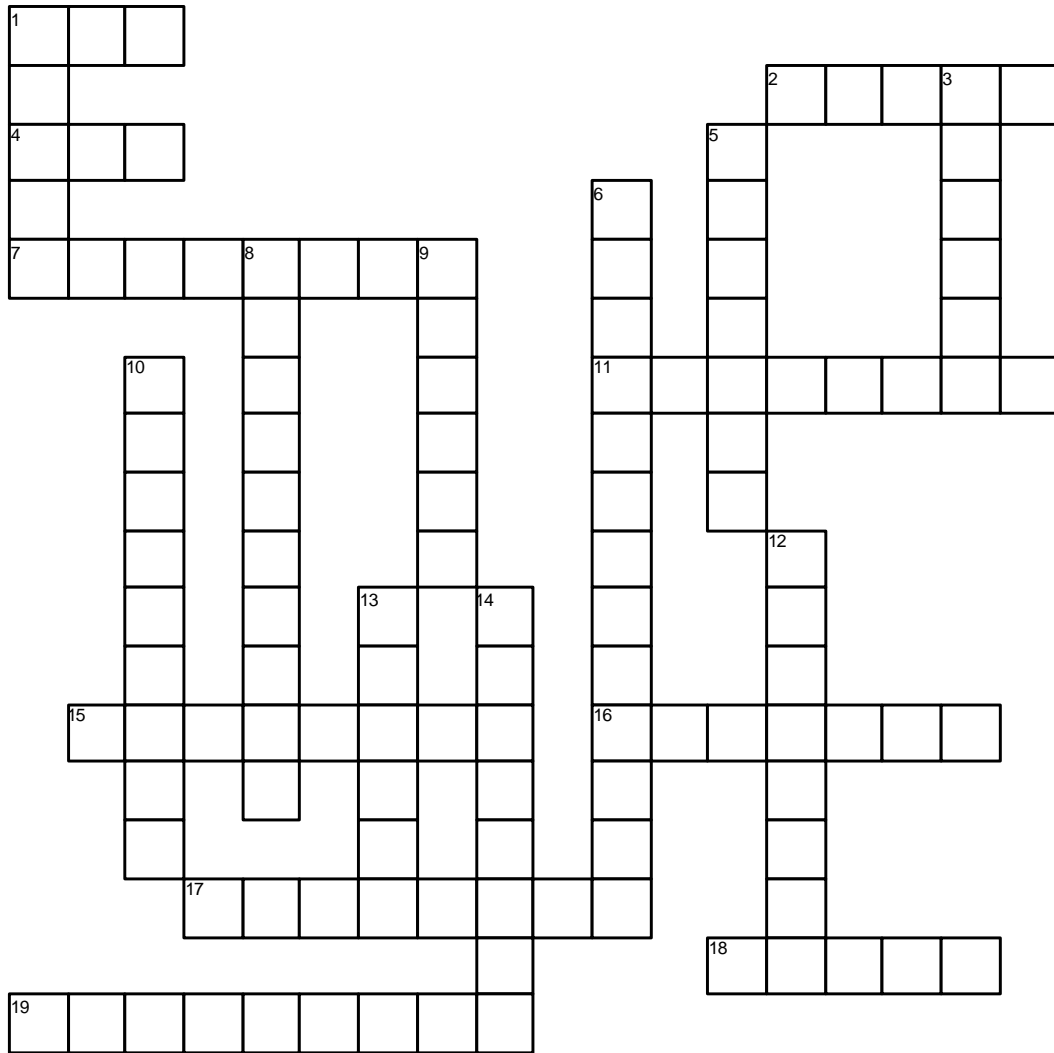


Vitamins and Nutrition



ACROSS

- 1 Vitamins A, D, E, and K are _____ soluble vitamins.
- 2 High levels of water soluble vitamins are excreted in the _____.
- 4 This "bad" lipoprotein transports cholesterol into the walls of arteries.
- 7 1 pound of body fat equals 3500 _____.
- 11 A Vitamin K deficiency can lead to excessive _____.
- 15 A Vitamin B1 deficiency can cause this disease.
- 16 Salivary _____ breaks down starches in the mouth.
- 17 Water soluble _____ cannot be stored in the body.
- 18 Vitamins B and C are _____ soluble vitamins.
- 19 An indigestible, fibrous form of plant carbohydrate is called _____.

DOWN

- 1 _____ acid is given to pregnant women to prevent neural tube defects in fetus'.
- 3 Vitamin B3 is known as _____.
- 5 This disease is found in children suffering from a Vitamin D deficiency.
- 6 Starches or sugars are common names for _____.
- 8 Vitamin B2 is known as _____.
- 9 A Vitamin C deficiency can lead to this disease, that affected sailors in the 15th and 16th centuries.
- 10 A Vitamin A deficiency can lead to night _____.
- 12 Dermatitis, diarrhea, and dementia are the 3 D's of this disease.
- 13 A Vitamin B12 injection is often given to treat this disease of red blood cells.
- 14 Vitamin B1 is known as _____.

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