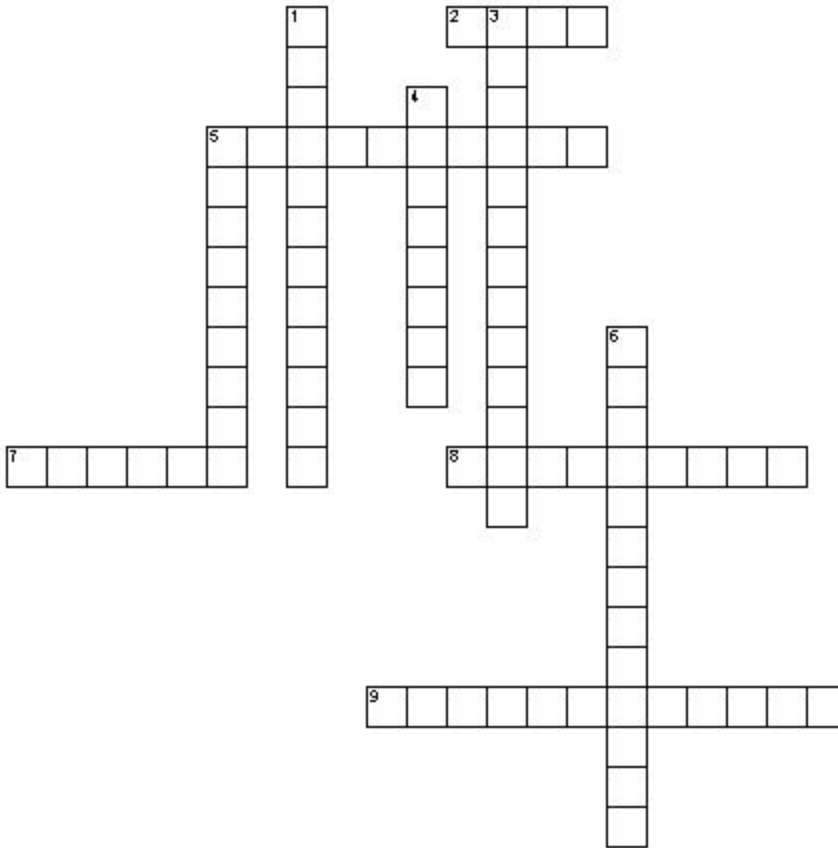


# MAJOR MINERALS CROSSWORD



## Across

2. Good source of calcium
5. Part of genetic material (i.e. DNA and RNA)
7. Water follows \_\_\_\_\_ for movement throughout the body
8. UL for this nutrient only relates to supplements
9. A high-salt diet is associated with \_\_\_\_\_ (disease)

## Down

1. Too much water can cause "water \_\_\_\_\_"
3. Fluid within the cell
4. Negatively charged Electrolyte found outside the cell
5. Processing decreases \_\_\_\_\_ content of foods
6. Too much calcium in the blood

10 of 15 words were placed into the puzzle.

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