

# Essential Nutrients Answer Choices

<p>Fiber</p> <p>A</p>	<p>Vitamins</p> <p>K</p>	<p>Pasta, whole wheat, corn, vegetables, fruit, beans and grains</p> <p>O</p>	<p>Minerals</p> <p>E</p>
<p>Dehydration</p> <p>I</p>	<p>Two: Complex &amp; Simple</p> <p>C</p>	<p>Seventeen: salt, spinach, milk &amp; veggies</p> <p>F</p>	<p>Proteins</p> <p>N</p>
<p>Vitamin B Folate: Birth Defects &amp; Blood Disease</p> <p>M</p>	<p>Water</p> <p>G</p>	<p>Vitamins A, B, C, D, E, K</p> <p>B</p>	<p>Simple: Soda, Candy, &amp; cookies</p> <p>J</p>
<p>Omega 3: Fish &amp; Walnuts</p> <p>H</p>	<p>Amino acids and the body can make all but nine</p> <p>P</p>	<p>Provide body's most important source of energy</p> <p>L</p>	<p>Because it helps insulate, &amp; cushion &amp; provides energy &amp; protects organs</p> <p>D</p>