

# A Nugget of Nutrition Word Search

P R F U U E S H N C A L C I U M M  
W N O C A R B O H Y D R A T E S B  
Y C N E I C I F E D Z Y U A I Q N  
S A S C E Y H E B W I H I L L O Z  
U L E Q G A B C R C K B O E I H H  
K O D O N M P K D D Q B G T E V P  
E R E M V K K P H M A E A Q V F T  
S I N Y E C Z K E T D R S A I N J  
I E T O G T N X E T E W L S E U V  
C O A N E X Q M F D I C I I D H N  
R E R D T X Q B O Z V T R C P L I  
E V Y G A V X M Z Z J T E C R F E  
X S E I R J S O T I U Z L G X Q T  
E U X F I B E R W N L P H J V V O  
U C O L A X F S A T I E T Y V A R  
W Q H K N B W B U C J V L S Q Z P  
F O I C W K W K I J B Q S M O I Z

Carbohydrate  
Moderation  
Nutrient  
Satiety  
Calcium

Metabolism  
Deficiency  
Exercise  
Protein  
Fiber

Vegetarian  
Sedentary  
Appetite  
Calorie