

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Carbohydrates

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

good carbohydrates  
whole grains  
brown rice  
fructose  
glucose  
energy

macronutrients  
added sugar  
vegetables  
potatoes  
maltose  
fruits

saturated fats  
cholesterol  
trans fat  
starches  
obesity  
nuts