

# Food Groups!

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

Carbohydrates

Vitamins

Lipids

Dairy

Food

Vegetables

Glucose

Sugar

Meat

Nutrients

Protein

Water

Fats