

# Food Types and Label Reading

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

balanced diet  
blood sugar  
calories  
vitamins  
fiber

label reading  
cholesterol  
diabetes  
protein  
sugar

carbohydrate  
nutrition  
minerals  
starch  
fat