

Name: _____

Date: _____

Good and Bad Carbohydrates

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

whole grains
pastries
walnuts
candy
beans

white bread
lentils
peanuts
sugar
peas

Vegetables
berries
cookies
pasta
soda

potatoes
oatmeal
Fruits
chips