

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

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

# Macro Nutrients

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

carbohydrate

insulation

coconut

cereals

protein

cheese

energy

bread

nuts

milk

fish

eggs

meat

fat

oil