

Name: _____

Date: _____

Macronutrients

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

non essential
amino acid
Glycemic
starch
HDL

Carbohydrate
incomplete
complete
trans
LDL

unsaturated
saturated
complex
sugar
fat

cholesterol
essential
protein
fibre