

Name: _____

Date: _____

NUTRIENTS

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

CARBOHYDRATES

CARBOHYDRATE

SERVING SIZE

CHOLESTEROL

FOOD LABEL

VEGETABLES

NUTRIENTS

MINERALS

PROTEINS

VITAMINS

CALCIUM

HEALTHY

FRUITS

GRAINS

SODIUM

DAIRY

FIBER

WATER

FATS

IRON