

Name: _____

Date: _____

NUTRIENTS

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

polyunsaturated

monounsaturated

simple carbs

electrolytes

vegetarian

energy

incomplete protein

vital nutrient

complex carbs

lacto-ovo

calcium

iron

complete protein

carbohydrates

macronutrient

saturated

transfat

vegans

micronutrient

trace mineral

major mineral

nutrients

vitamins

water