

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

# NUTRITION

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

TWENTYFIVEPERCENT  
SIXTY PERCENT  
GOLDENWINDOW  
ANOREXIA  
MINERALS  
ENERGY  
WATER

FIFTEENPERCENT  
CARBOHYDRATES  
PROTECTION  
CALORIES  
PROTEINS  
DIETS  
HEAT

MUSCLE REPAIR  
KILOCALORIES  
INSOLUBLE  
VITAMINS  
OBESITY  
FIBRE  
FATS