

Name: _____

Date: _____

National Nutrition Month

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

carbohydrate
breakfast
healthy
sodium
milk

antioxidant
nutrition
vitamin
sugar
food

cholesterol
diabetes
calcium
water
fat

vegetables
legumes
protein
fruit