

Name: _____ Date: _____ Period: _____

Nutrient

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

essential amino acids
incomplete proteins
saturated fats
cholesterol
minerals
fiber

simple carbohydrates
complete proteins
carbohydrates
amino acids
protein
fats

fat soluble vitamins
unsaturated fats
power eating
nutrient
calorie