

# Nutrient - Protein

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

building block  
amino acids  
hormones  
growth  
eggs  
nuts

cottage cheese  
maintenance  
chicken  
repair  
fish  
oats

creates muscle  
lean beef  
enzymes  
beans  
fuel  
tuna

macronutrient  
messenger  
energy  
build  
milk