

Name: _____

Date: _____

Nutrients

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

Carbohydrates

Vegetables

Nutrients

Minerals

Proteins

Healthy

Legumes

Seafood

Grains

Fruits

Lipids

Dairy

Water

Milk

Nuts

Oil

Egg