

Name: _____

Date: _____

Nutrients

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

Water soluble
Unsaturated
Complex
Simple
Water

Carbohydrate
Saturated
Mineral
trace
Fiber

Fat Soluble
Protein
Vitamin
Trans
Fat