

Name: _____

Date: _____

Nutrients

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

carbohydrates
vitamins
folate
iron

magnesium
calcium
sodium
fat

potassium
protein
water