

Nutrition

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

large intestine
carbohydrates
dehydration
sedentary
glucose
scurvy
sugar
dry

polyunsaturated
mediterranean
incomplete
diabetes
obesity
carbs
trans
fat

macronutrients
binge eating
inherited
sunshine
atkins
liver
food

micronutrients
amino acids
nutrients
calcium
muscle
solid
BMI