

Name: _____

Date: _____

Nutrition

Carbohydrates

J B L J P Y L S O B C L P S J L I J S L F U T O

Ingredients

T Y S D X O D F X P R T G T D Y G X I B T H P S

Unsaturated

S N C G B K S D E V N T V A U A W S I Q T Z Q E

Cholesterol

T S T N E I R T U N G W V F S Q L D J P T M A I

Vegetables

F I P P P Y T C B Q A K I B T W B L D U S N M R

Nutrition

I X T X G F F E X A X U T N E X M S O V C R A O

Saturated

B J R I F K V P C C U X A O T Y A Y W N K M U L

Nutrients

E G N I E T O R P F W E M I M U I D O S K S M A

Vitamins

R L U M N D N E I D V C I T D V T R X X N W C C

Minerals

Z Z U T Q B Z W G R K J N I F N G S F J H H U U

Calories

S T N E I D E R G N I N S R U D D Z T J U M G J

Protein

W G D B S F G S A T U R A T E D T Y Y I E T M F

Calcium

M J D H M V I M V D U G F U K N Z R F T U V I Y

Serving

Y H L O R E T S E L O H C N G Q N A E C R R R N

Grains

T D X G N I V R E S W G B E Y R H D P Z J I F H

Fruits

B E Z D S K C A H G F T C M W F A L C P A Q B A

Sodium

Q U E P P X A I N W K C G J I X R I L D D I B V

Foods

T C L S D O O F I M U I C L A C Q W N V V N P C

Water

P X M Y Z B K U M L R Y I C V L F H U S T O M W

Dairy

J W P C U Z T Q Y S E T A R D Y H O B R A C B Z

Fiber

H Y E N C F X S H Z T E O U R R L Q V O R M X P

Fats

V G R X G D D K H H A X R P F H R I K C Q T N L

S E L B A T E G E V W K X L B W Y B L V N X C R

D U N S A T U R A T E D F Y S L A R E N I M M K

