

Name: _____

Date: _____

Nutrition

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

carbohydrates	betterchoice	moderation	vegetables
nutrients	nutrition	minerals	vitamins
myplate	calcium	protein	balance
health	fruit	fats	diet