

Name: _____

Date: _____

Nutrition

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

Monounsaturated Fats
Triglycerides
Dehydration
Metabolism
Anorexia
Bulimia
Lipids

Unsaturated Fats
Carbohydrates
Amino Acids
Nutrition
Glycogen
Glucose
Fiber

Saturated Fats
Antioxidants
Cholesterol
Minerals
Nutrient
Protein
Fat