

Name: _____ Date: _____ Period: _____

Nutrition Facts

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

Saturated Fats
Cholesterol
Nutrition
Minerals
Complex
Fats

Balanced Diet
Supplement
Enriched
Vitamins
Energy

carbohydrates
New Cells
Appetite
Proteins
Fiber

Amino Acids
Digestion
Calories
Nutrient
Water