

Pasta and Rice

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

carbohydrates
magnesium
ravioli
noodles
sauce
grain
dry

ingredients
macaroni
calcium
healthy
fresh
cook

riboflavin
minerals
protein
storage
wheat
zinc

nutritious
thiamine
jasmine
harvest
penne
iron

spaghetti
glycogen
basmati
niacin
pasta
rice