Name: _____ Date: _____ Period: _____

Protein

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

pistachios lentils walnuts almonds legumes
poultry protein peanut cashew seeds
beans beef eggs tofu nuts
fish soy

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