

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Six Essential Nutrients

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

Macrominerals  
Nutrition  
Vitamins  
Energy  
Trace

Carbohydrates  
Nutrients  
Proteins  
Sugars  
Fats

Fatty Acids  
Minerals  
Starches  
Water