Name: _____ Date: _____

Superfoods and healthy nutrients

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

carbohydrates
proteins
calcium
iron
leafygreens
vitamins
yogurt
fish
broccoli
berries
seeds
nuts

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