

# The Brain And Food

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

saturated fats

amino acids

folic acid

trans fats

nutrient

glucose

protein

omega

micro

brain