

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

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

# carbohydrates

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

- |                   |                   |                 |                |                |               |
|-------------------|-------------------|-----------------|----------------|----------------|---------------|
| whole wheat bread | whole grain pasta | hamburger rolls | allbran cereal | sweet potatoes | toasted bread |
| rice crispies     | cream donuts      | mealie meal     | bread rolls    | corn flakes    | megamuffins   |
| pizza crust       | whole grain       | sweet corn      | whole oats     | Brown rice     | sugar cane    |
| ice cream         | coco pops         | whole rye       | buckwheat      | crackers       | weet bix      |
| pancakes          | pretzels          | potatoes        | dumping        | pudding        | crutons       |
| cassava           | pronuto           | provite         | cookies        | sorghum        | pastry        |
| movite            | millet            | sweets          | chips          | honey          | sugar         |
| wheat             | maize             | Rusk            | cake           | rice           |               |