

Name: _____

Date: _____

healthy lifestyle

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

macro-nutrients

Saturated Fats

MICRONUTRIENTS

carbohydrates

vegetables

nutrition

calories

calcium

organic

fitness

health

water