

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

# simple carbs

N E E R I S H E D O M A N G O S G T N 9 H C K N  
W T A M W Z E O O S M R I C E C Z L 6 C T D A Y  
L H E C L M O G N U W Z F U D A N N E E O T 5 G  
L 6 E O O T 5 U N E W R O L L S Z N C 6 S A I I  
K D R A I Y 0 Z P A Y L 5 9 6 9 H M 9 A M O T R  
W 4 P U T E M I A I R M T A K T I K P U I Y I 9  
9 W E 6 P 0 9 C N D N O 0 M C R 0 4 L R L D S K  
D R B R I N A F C L I 6 L S A W 6 L L T K 5 N E  
E E 4 S Z S E P A 9 9 S M R A G U S H K I P C Y  
O O S O Z A A 0 K L 4 M G C 6 4 6 5 4 9 0 S L E  
L 6 R E A B G P E K B A G E L Y 6 W E S 9 9 L 6  
M L H A E W U N S H 6 H S H D B T Y D C N D A M  
B M 0 L S H 6 A A T A C O S H E L L P O A C E Z  
W R G C 0 P C 6 Y K M U F F I N S N D E O H R S  
5 0 G I Y E B 9 S S L 0 N M W D 4 L R O N U E D  
4 M 9 B 5 4 L E 5 L 4 W H Y S O E B K O S 5 C E  
0 H N F Y R 9 P R K T 9 T 0 S O 6 I C E Z G U H  
M 4 L E 9 0 M O P R G Y 4 I A C E A I D B 5 L B  
9 A B 4 O I Y 9 L A Y 6 P I U S B M E K A C S N  
9 O A D Y D 4 0 6 D I T K 5 S W M O 0 9 L Y O 5  
M A G I G D G U H 0 O H C U A U T Y K C O 9 D T  
W T R T T C N 4 S W S H B Z G R L A M D T W A D  
M S 5 D G C T A K B P I Y P E W E I M C M U 5 U  
W H 0 E W U L 9 C G S E T A R D Y H O B R A C T

carbohydrates  
sausage  
cookies  
mangos  
pizza  
wheat  
bread  
oats

taco shell  
0945646  
Kit Kat  
cheese  
candy  
honey  
milk  
rice

raspberry  
oranges  
muffins  
bagel  
apple  
sugar  
soda

pancakes  
gummies  
cereal  
bacon  
rolls  
pasta  
cake