|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Macronutrients

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

   trans       unsaturated       sugar       saturated       Glycemic       starch       HDL       LDL       fibre       cholesterol       complex       non essential       essential       fat       amino acid       protein       incomplete       complete       Carbohydrate