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

Nutrients

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

   discretionary       calcium       sugar       fruit       vegetables       grains       dairy       unsaturated       saturated       nutrients       calories       minerals       vitamins       whole wheat       protein       fats       carbohydrates