Nutrients

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

   amino acids       carbohydrates       cholesterol       fats       fructose       glucose       Glycerol       Glycogen       incomplete proteins       polyunsaturated fats       Proteins       saturated fats       starch       trans fat       unsaturated fats