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

Vitamins and Nutrients

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

    Proteins        Unsaturated fats       B Vitamins       Calcium       Carbohydrates       Chlorine       Copper       Fluorine       Folic Acid       Iodine       Iron       Magnesium       Niacin       phosphorus       Potassium       Riboflavin       Saturated fats       Selenium       Sodium       Thiamin       Vitamin A       Vitamin C       Vitamin D       Vitamin E       Vitamin K       Water       Zinc