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

Vitamins and minerals

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

   Growth       Energy       Grains       SeaFood       Meat       Vegetables       Dairy       Diet       Health       Bananas       Oranges       Niacin       Riboflavin       Folicacid       Iron       Iodine       Thiamine       Biotin       magnesium       copper       cobalt       chlorine       calcium       vitamins       Minerals