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

nutrition

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

   chicken       fish       brown rice       cauliflower       apples       oranges       sodium       serving size       vegetables       fruits       vitamin D       supplements       low fat dairy       whole grains       protein       water       foods       hydrated       fact label       healthy plate       nutrients