

Name: _____

Q3: Diet

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

Timing of intake

Phosphorus

Loading

Fibre

Carbohydrate

Vitamins

Calcium

Water

Supplements

Minerals

Protein

Fats