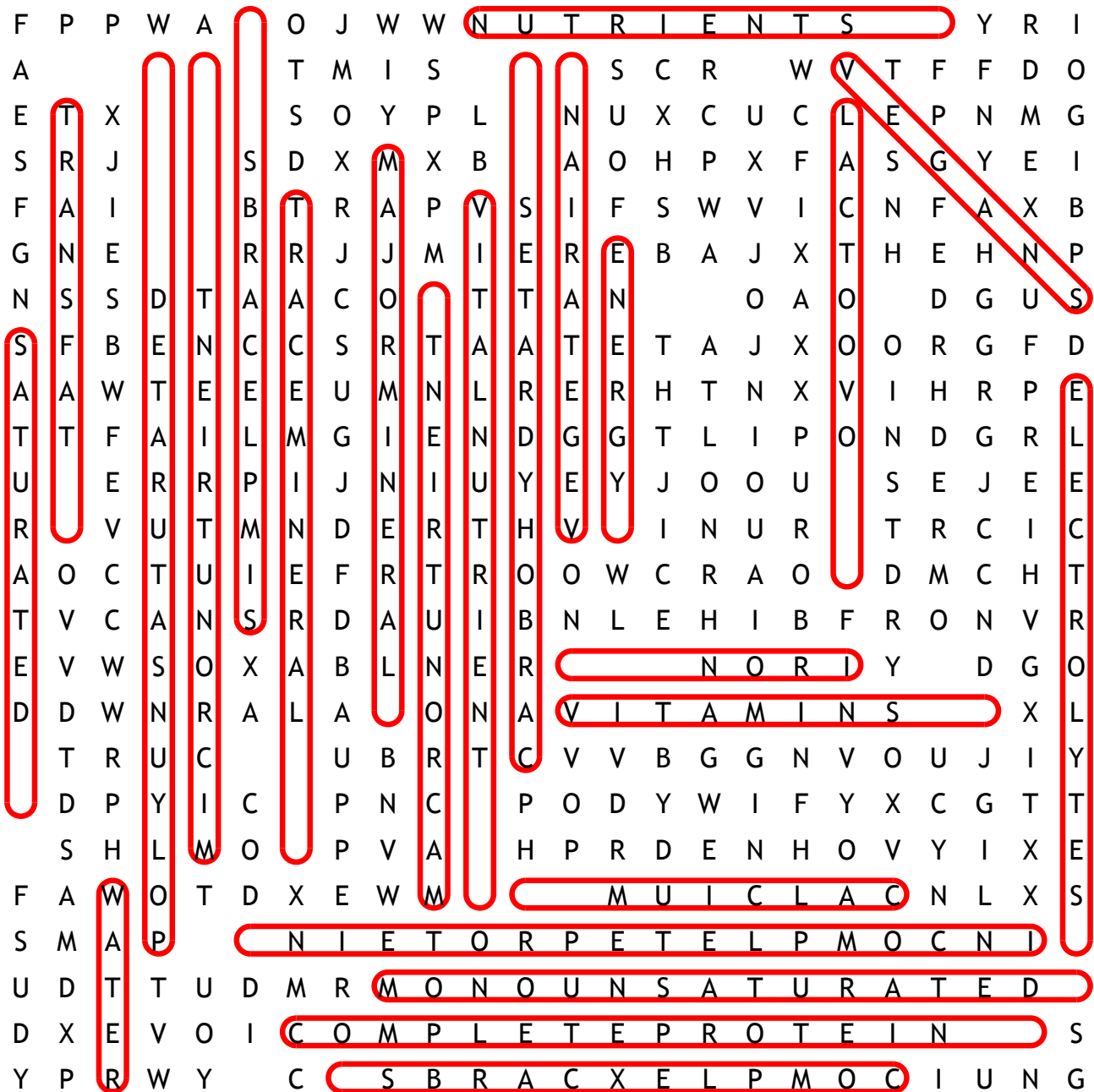


Name: _____

Date: _____

NUTRIENTS



polyunsaturated
monounsaturated
simple carbs
electrolytes
vegetarian
energy

incomplete protein
vital nutrient
complex carbs
lacto-ovo
calcium
iron

complete protein
carbohydrates
macronutrient
saturated
transfat
vegans

micronutrient
trace mineral
major mineral
nutrients
vitamins
water