

Name: _____

Date: _____

Nutrients

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

protein complementation
unsaturated fats
balanced diet
cholesterol
gelatine
energy
starch
iron

high biological value
macronutrients
heart disease
Maintenance
calcium
healty
fiber

fat soluble vitamins
micronutrients
carbohydrate
whole grain
obesity
lipids
sugar

low biological value
saturated fats
amino acids
diabetes
protein
sodium
diet