Name: _____ Date: _____

mkl

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

nutrients density
saturated fats
empty foods
proteins
vitamins
sodium
unsaturated fats
carbohydrates
nutrients
minerals
calorie
hunger
foodbone illness
calorie food
nutrition
appetite
fibers

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