

Name: _____ Date: _____ Period: _____

Nutrition

CARBOHYDRATES

CHOLESTEROL

UNSATURATED

INGREDIENTS

VEGETABLES

NUTRIENTS

SATURATED

MYPYRAMID

NUTRITION

CALORIES

MINERALS

VITAMINS

SERVING

CALCIUM

PROTEIN

MYPLATE

SODIUM

FRUITS

GRAINS

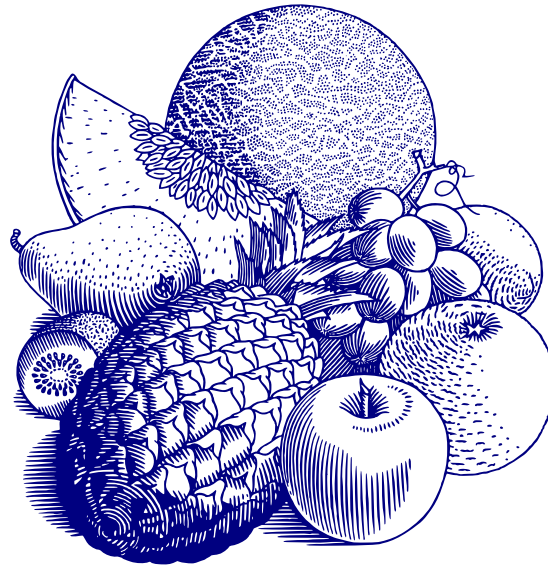
FIBER

DAIRY

WATER

FOODS

FATS



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