

Name: _____

Nutrition

D K P T U B I C 6 G A K 6 L L L M U I C L A C U
E K M H 2 2 L A F U C 6 L D I V G I U R 6 H B E
G 2 I I H E M F O S 1 P 2 I 2 L P P I H O D F R
C 2 Z A E G H S S 2 H M S T D N R U B K V P D S
I H I M H S P V U O A B D K 6 L O G H 6 A D D 1
L M D I B D N V S G D N V L B R I B 2 V G 1 N F
2 A Z N K D U P N D C I 2 R I B 2 C I Z T F I A
R M Z E F Z H E S Z T V U S U B B T S A A I M 2
B F N N H O S C I M I T E M T H A R L A Z D A 6
S V 2 V R I R G S T 1 L N O 2 M L H 1 1 T G T M
N E E U U E L 6 A R E Z R V I P A A D E 6 B I I
Z U S M A O I M E N 1 A H N I I H E A T B N V O
I I C C C A I M I G V Z B V R T C C 2 F A A N 2
6 P T P M N Z U C T P 1 L O Z T A H V Z B U I B
C I B L K P M S V D 2 O N 2 S T Z M P R O 2 V E
E H 6 K 6 D 6 K I Z K H T E E H V 6 I Z A G A T
E O D I G Z 2 E 6 K I R P A P H G M 2 N P R L A
H Z O H R M F U 1 K N C C B S E I I S V E V F L
I M E N I C A I N 2 N O S P O S M U O P G I O O
L R R E M 6 A I 2 C B N 6 6 B N I M A T I V B F
S Z O L V H L O M N Z K G N A V D U 1 6 E T I L
1 B F L P P U Z L I U F T Z V I T A M I N A R S
N U 2 2 N M L G U Z O O S C N I M A T I V F M P
L K K L 1 P O H V C E C L G R N I E E E S 1 V A

Vitamin B12
potassium
Vitamin E
Thiamine
Folate

phosphorus
magnesium
Vitamin D
Calcium
zinc

Vitamin B6
Vitamin C
vitamin A
niacin
iron

Riboflavin
Vitamin k
selenium
sodium