

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# CHAPTER 4 VOCABULARY

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

DIETARY GUIDELINES  
CARBOHYDRATES  
FOOD LABEL  
VITAMINS  
ALLERGY  
WATER  
DIET

EMPTY CALORIE FOOD  
INGREDIENT  
DIABETES  
NUTRIENT  
ENERGY  
GERM  
MSG

FOOD GUIDE PYRAMID  
FOOD GROUP  
PROTEINS  
LACTOSE  
SNACK  
FATS