

Name: _____

Date: _____

Diet and Nutrition in Recovery

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

CARBOHYDRATE
EMOTIONAL
VITAMINS
WELLNESS
TURKEY
WATER
MEAT

MALNOURISHED
SEROTONIN
RECOVERY
POULTRY
TOXINS
MOOD
DIET

TRYPTOPHAN
APPETITE
TYROSINE
BANANAS
SLEEP
FOOD

VEGETABLES
DOPAMINE
CALORIES
PROTEIN
FRUIT
MILK