

Grains Are Great

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

CARBOHYDRATE
PROTEIN
ENERGY
PASTA
RICE
BRAN

RIBOFLAVIN
MYPLATE
CEREAL
GRAIN
OATS

NUTRIENTS
QUINOA
WHOLE
FIBER
IRON

ENDOSPERM
KERNEL
WHEAT
BREAD
GERM