

Name: _____

Date: _____

Meat, Poultry, Fish & Eggs

L I 1 M K O O D K 2 Z K 3 2 C V G N D 2 U L F M
S N K O N F U E N I E T O R P 2 E F O S O C S R
V O R E P K K C I L S B O V C K D 3 P I M B D N
I M R 2 F M K E R F P B 3 L C G H R V C M T I N
Y L U F E R Y T O D S B V I A Y H I M Z S 3 C 1
V A 2 S E G G S N N D L H Z F Z T 3 U C K 2 A E
Y S V A B 3 H R A O E C K H I A T L T T F O Y T
N Y 2 B H D F N R C E 3 E N M E P P T O 2 V T P
L S M Y N P 2 A R A S I C I O O O D O O O S T Y
R A A 1 2 E V R P B F N N 3 C U 3 Y N I L D A C
L E D M V I H D P V N B L Y L Z F P 3 D G K F C
H D P H E U V P N K 1 D N T V P R H Z I B S 3 C
V G C H A F V G A 2 U E R M U D G U M Z U C A B
B C I S L 3 1 L I 3 C Y P Y O U E E 3 2 T L G P
N Y 3 I E U 3 A F T Y A Y T L 2 1 I K T O A E D
K F C F A N M 2 S T U N E F 2 M F E U F K H M G
F N K G 2 O F A B L Z U R U H 1 E N Z Y N K O N
A 1 V R S 3 A P C Y 3 F A I E O A V S E S K A R
L L L 3 S E M U G E L Z H B O I L S 3 Y F N D D
K G Y I M P T U Y F T R M K P R N G Z C S P T R
G Z M N 2 G T F T 1 T R E M I O B 1 H I Z A A T
N G A B V S V D A E H T A L F V R F 1 A B K E Z
S 3 H N I L Z 1 B 3 Z O E R 2 3 F K V M 3 S M R
3 C 2 U L T Y 2 Y B G 1 H S I F L L E H S 3 H G

Omega3fattyacids
Chicken
Mutton
Tuna
Beef
Eggs

Vitamin B12
Legumes
Salmon
Veal
Nuts
Fish

Shellfish
Protein
Bacon
Pork
Zinc
Meat

Flathead
Poultry
Seeds
Lamb
Iron
Ham