

Name: _____

Date: _____

Nutrition

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

Carbohydrates

Saturated Fats

Cholesterol

Food Groups

Body Image

Nutrients

Nutrition

Trans Fats

Minerals

Proteins

Vitamins

Calorie

Healthy

MyPlate

Sodium

Fiber

Sugar

Water

Diet

Fats