

Name: _____

Date: _____

Period: _____

Nutrition Facts

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

Carbohydrates
 Unhealthy
 Vitamins
 Portion
 Hungry
 Grains
 Gain

Dehydration
 Fast Food
 Diabetes
 Calcium
 Eating
 Dairy
 Diet

Overweight
 Nutrition
 Diseases
 Protein
 Anemia
 Size
 Fats

Ingredient
 Increase
 Calories
 Glucose
 Energy
 Risk

Vegetables
 Anorexia
 Symptom
 Weight
 Fruits
 Iron