

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Nutrition Word Search

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

MonounsaturatedFats  
Carbohydrates  
Nutrients  
Vitamins  
Energy

PolyunsaturatedFats  
SaturatedFats  
Calories  
Calcium  
Heart

HydrogenatedFats  
DietaryFats  
Minerals  
Protein