

Name: _____

Date: _____

Vitamins and Nutrients

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

Unsaturated fats

Folic Acid

Magnesium

Vitamin D

Fluorine

Copper

Water

Saturated fats

phosphorus

Potassium

Vitamin E

Selenium

Iodine

Iron

Carbohydrates

Riboflavin

Vitamin A

Vitamin K

Calcium

Niacin

Zinc

B Vitamins

Proteins

Vitamin C

Chlorine

Thiamin

Sodium