

Nutrition and You

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

TUNA
ALMONDS
FISH
FIBRE
FRUIT
FOOD

PASTA
YOGURT
CHICKEN
NUTS
LEGUMES

DAIRY
CHEESE
NUTRIENT
MILK
MINERALS

GLUTEN
MEAT
WHOLE WHEAT
VEGETABLES
VITAMINS