Name: Date:

# Nutrition Word Search Puzzle

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|---|---|---|---|---|---|
| Minerals | Water | Meat | Nutrients | Dairy | Sodium |
| Fat | Dietary Fiber | Fruit | Protein | Carbohydrate | MyPyramid |
| Vitamins | Grains | Deficiency | Digestion | Cholesterol | Saturated |

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

COOL2BKIDS