

Carbohydrates

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

NUTS
 WHEAT
 BEANS
 LENTILS
 SUGAR
 RICE
 VEGETABLES
 POTATO
 WRAPS
 CAKES
 FIBRE
 WHOLEMEAL
 MACRONUTRIENT
 BARLEY
 RYE
 BRAN
 BAGEL
 HONEY
 COUS COUS
 BREAD
 SEEDS
 STARCH
 POPCORN
 PASTA

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