

# Intro to Nutrition

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

PROTEIN  
SODIUM  
DAILYVALUE  
SERVING  
VITAMINS  
MINERALS  
CALORIES  
FATS  
FIBER  
CHOLESTEROL

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