

Carbohydrates

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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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