

# Food and nutrition

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

- BREAD
- MINERALS
- FAT
- VITAMINS
- VEGETABLE
- DIETARY FIBRE
- WARMTH
- LETTUCE
- AVOCADO
- NUTRIENTS
- CONSTIPATION
- EGGS
- WATER
- FRUIT
- LEGUMES
- DIGESTION
- PROTEIN
- FOOD
- NUTRITION

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