

Nutrition Science

Hard · 16 × 16 · 18 words · every direction, backwards too

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

☐ ANTIOXIDANTS
☐ CARBOHYDRATES
☐ CHOLESTEROL
☐ METABOLISM
☐ ELECTROLYTES
☐ HYDRATION

☐ SATURATED FAT
☐ OMEGA THREE
☐ PROBIOTICS
☐ PREBIOTICS
☐ GLUCOSE
☐ INSULIN

☐ AMINO ACIDS
☐ DIETARY FIBER
☐ SODIUM
☐ MAGNESIUM
☐ MACRONUTRIENTS
☐ MICRONUTRIENTS

Nutrition Science: answer key

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