

Veggie-mon Nutrition

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

AMINO ACIDS
CELL
FRUIT
FATS
WATER

CALORIE
DEHYDRATION
HORMONE
VEGETABLE

CARBOHYDRATES
FIBER
MINERALS
VITAMINS