

Nutrition & Food Groups Word Search

Find all 20 hidden nutrition & food groups.

Difficulty **Hard** ■■■■■

Estimated time ⌚ 17-33 min

Recommended age Adults & teens

Built for experienced solvers.

Puzzle ID NFG-H-027 Version 2026.4

Name _____

Date _____

Completed in _____

Every Modern Word Search puzzle follows a published design specification and is individually reviewed before publication.

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

WORDS TO FIND

ABSORPTION

ANTIOXIDANT

BIOAVAILABILITY

CHOLESTEROL

ELECTROLYTE

ENZYME

GLUCOSE

GLYCEMIC

HOMEOSTASIS

INFLAMMATION

INSULIN

LIPID

MACRONUTRIENT

METABOLIC

MICRONUTRIENT

PHYTONUTRIENT

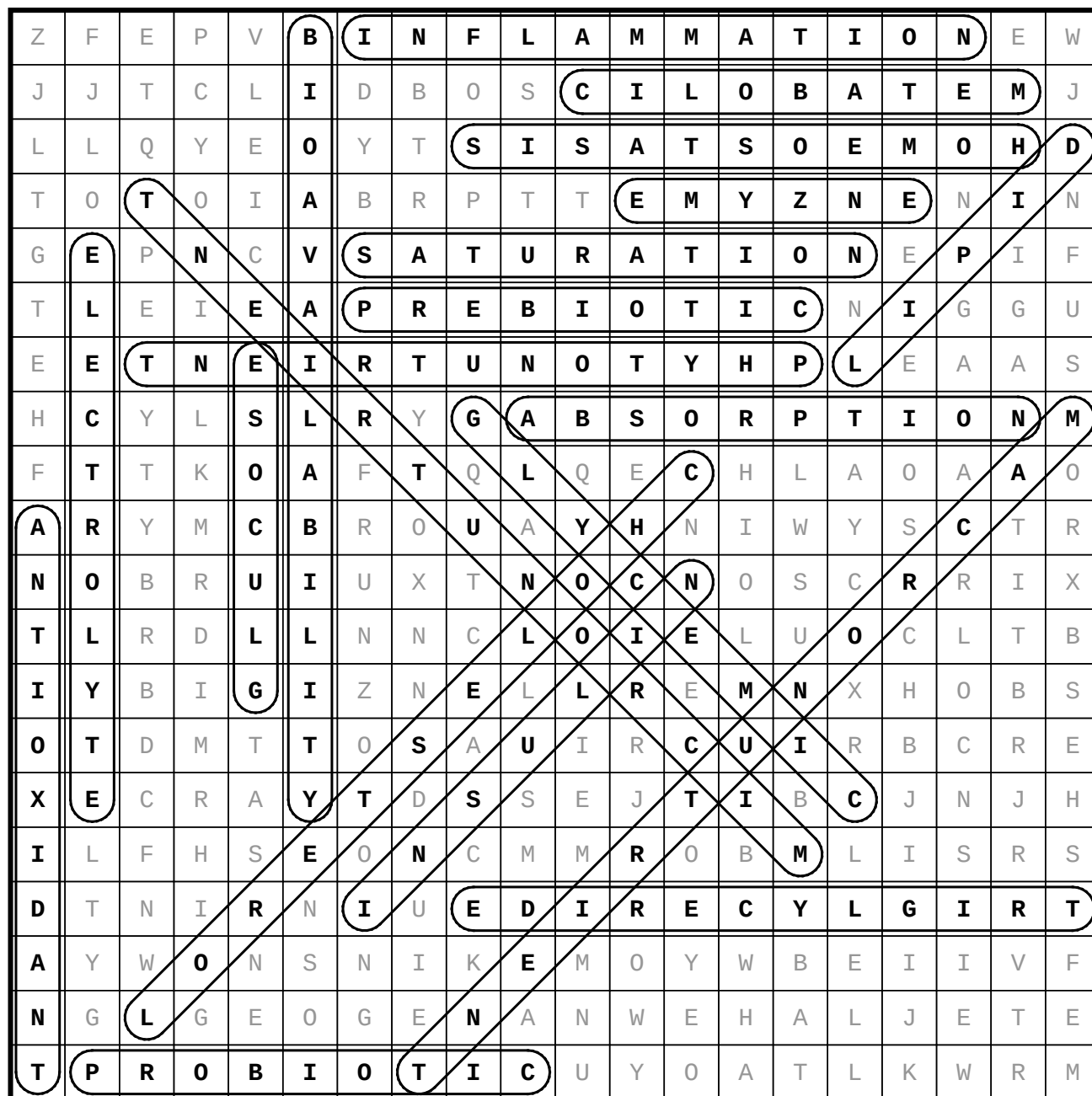
PREBIOTIC

PROBIOTIC

SATURATION

TRIGLYCERIDE

Nutrition & Food Groups — Answer Key



Did you know?

- The USDA's food guidance has changed shape and structure several times over the decades, from a food pyramid to today's simpler plate model.
- Protein, carbohydrates and fats are the three main macronutrients the body needs in relatively large amounts.
- Fiber, found in fruits, vegetables and whole grains, aids digestion even though the body can't fully break it down.
- Vitamins and minerals are needed only in small amounts compared to macronutrients, but they're still essential for the body to function properly.

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