

Nutrition & Food Groups Word Search

Large print word search with extra-large letters for comfortable solving.

Difficulty **Medium** ■■■□□
 Estimated time ⌚ 10-20 min
 Best for Adults & Seniors
 Puzzle ID NFG-L-027 Version 2026.1

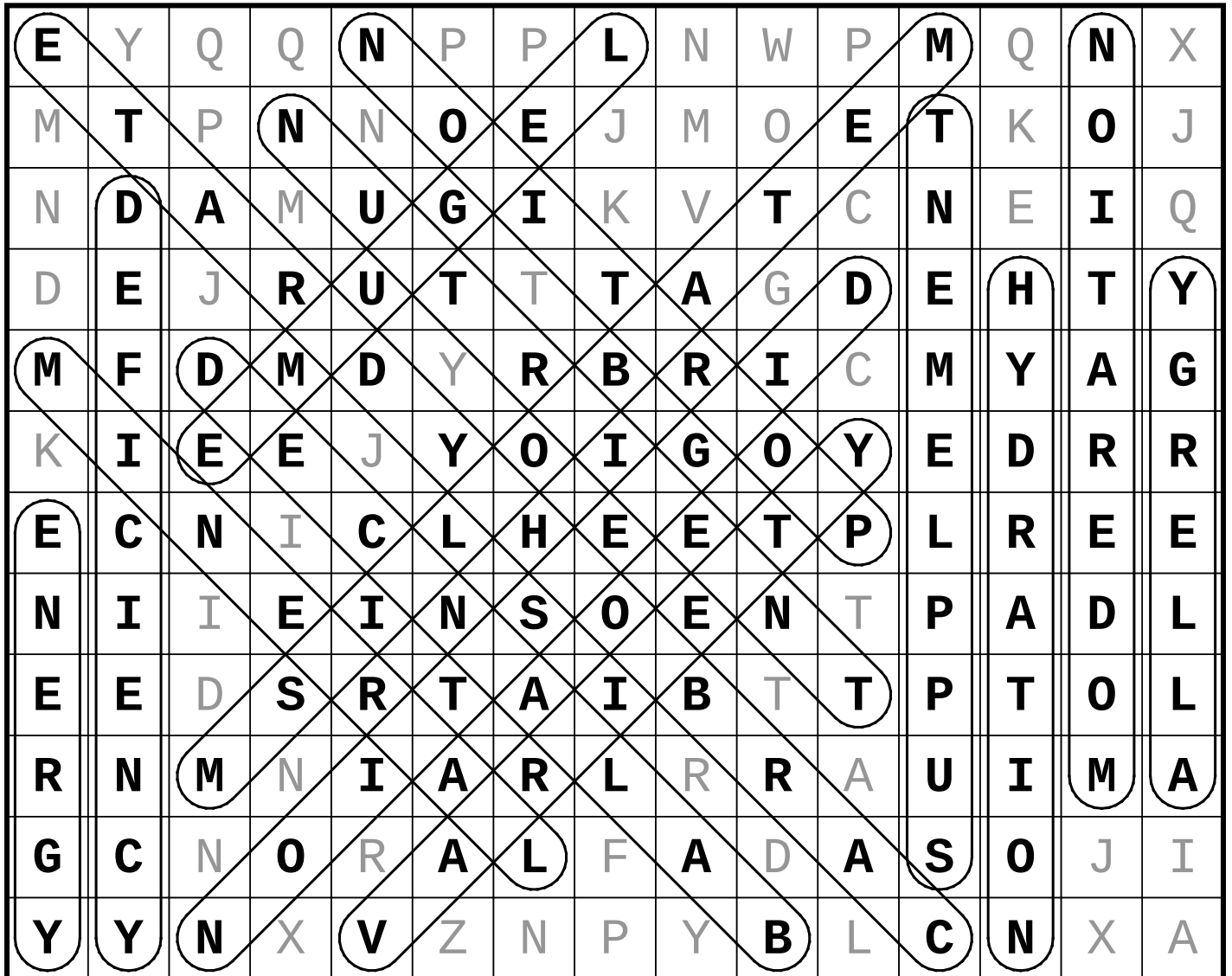
Format **Large Print**

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

WORDS TO FIND

ALLERGY	DIGESTION	METABOLISM	PORTION
BALANCED	ENERGY	MINERAL	SUPPLEMENT
CARBOHYDRATE	HYDRATION	MODERATION	VARIETY
DEFICIENCY	LEGUME	NUTRIENT	

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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