

# Food and nutrition

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

NUTRITION  
 LETTUCE  
 MINERALS  
 CARBOHYDRATE  
 BREAD  
 WATER  
 DIETARY FIBRE  
 FRUIT  
 EXCRETION  
 CONSTIPATION  
 FAT  
 PROTEIN  
 WARMTH  
 AVOCADO  
 DIGESTION  
 VITAMINS  
 FOOD  
 LEGUMES  
 EGGS

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