

NUTRITION BINGO

protein 20-35

fat soluble vitamins

amino acids

metabolism

fats 6-11

nutrients

essential amino acids

botulism

water soluble vitamins < 30

soluble fibers

complex carbohydrates

cruciferous

minerals 10-15

insoluble fibers

3-5

high density lipoproteins

water 3,500

cancer

cholesterol

organic