

Nutrient Acrostic

C
A
R
B
O
H
Y
D
R
A
T
E
S

P
R
O
T
E
I
N
S

F
I
B
E
R

F
A
T
S

V
I
T
A
M
I
N
S

M
I
N
E
R
A
L
S

W
A
T
E
R

Review to date

F
A
T
S

V
I
T
A
M
I
N
S

M
I
N
E
R
A
L
S

W
A
T
E
R

C
A
R
B
O
H
Y
D
R
A
T
E
S
P
R
O
T
E
I
N
S
F
I
B
E
R