

B	I	N	G	O
sucrose	Carbohydrates	Water	iodine	folate
Proteins	soluble	incomplete protein	Fats	sodium
sugar	Minerals	FREE	complete protein	complex carbohydrates
saturated	fiber	insoluble	calorie	fructose
Nutrition	lactose	Simple carbohydrates	unsaturated	Vitamins

B	I	N	G	O
sugar	unsaturated	Fats	fiber	Proteins
iodine	complex carbohydrates	Water	fructose	Minerals
complete protein	Carbohydrates	FREE	calorie	insoluble
Vitamins	sucrose	Simple carbohydrates	saturated	Nutrition
folate	cholesterol	sodium	incomplete protein	soluble

B	I	N	G	O
saturated	calorie	sugar	Vitamins	iodine
lactose	sodium	unsaturated	fiber	Minerals
insoluble	Fats	FREE	complete protein	Water
cholesterol	folate	Nutrition	Carbohydrates	sucrose
soluble	incomplete protein	complex carbohydrates	fructose	Simple carbohydrates