

MATCH WITH THE RIGHT OPTION



1)

A) Trans and saturated fats



2)

B) Healthy fats



3)

C) Food that provides glucose rapidly but unhealthy



4)

D) Fiber and micronutrients



5)

E) Aminoacids



6)

F) Proteins



7)

G) Starch



8)

H) Legumes (provide glucose slowly but in a healthy way)