Pre-approved Exam Memory Aid

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Subject: GLE101
Period: 4

Teacher: Ferreiro
Teacher Signature:

- Be. FVMM
- Fats!

WFD = M
EFPV

Macronutrients = Highest
Micronutrients = essential/small

Tips:
- No UFJ
- No SMJ
- No MFJ

Tips:
- Growth
- Health
- Energy

M = growth
V = health
F = energy
C = energy
P = growth