

Nutrition Sudoku Moderate

You may have seen Sudoku with numbers, but here's one with food items. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters L through T to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

				Lemon	Nuts			Shrimp
Shrimp				Tomato		Milk		
	Radish					Tomato		Lemon
		Quinoa	Tomato		Milk		Shrimp	
Tomato		Nuts		Omelet	Lemon		Pumpkin	
		Radish	Pumpkin					Tomato
	Tomato	Milk	Lemon	Pumpkin			Nuts	Omelet
Omelet	Quinoa				Tomato			
	Nuts	Shrimp				Lemon		

EAT RIGHT

BITE BY BITE

 National Nutrition Month®
March 2020

 Academy of Nutrition
and Dietetics

Don't Look Yet!
These Are the
Sudoku Answers:

L	T	T	O	R	W	S	N	d
d	W	R	L	S	N	T	O	O
O	N	S	O	d	T	W	L	R
L	T	N	S	O	d	R	O	W
W	d	O	T	O	R	N	S	L
R	S	O	W	N	L	O	d	T
T	O	L	d	W	S	O	R	N
N	O	W	R	L	O	d	T	S
S	R	d	N	T	O	L	W	O

L Lemon
M Milk
N Nuts
O Omelet
P Pumpkin
Q Quinoa
R Radish
S Shrimp
T Tomato