

Nutrition Sudoku Easy

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.

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

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