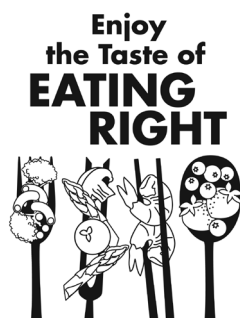


Nutrition Sudoku for Adults

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 K-S to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

Lentil		Parsley	Quinoa		Rice	Milk		Salmon
	Kiwi		Lentil	Parsley	Milk	Nuts		Quinoa
Quinoa		Oatmeal		Kiwi	Nuts		Rice	Parsley
Salmon	Quinoa		Nuts			Kiwi		
			Milk		Kiwi		Salmon	Oatmeal
Oatmeal	Rice	Kiwi		Salmon			Nuts	Milk
						Parsley		
		Quinoa	Kiwi			Oatmeal		Rice
Nuts		Rice		Lentil		Salmon		Kiwi

- K** – Kiwi
- L** – Lentil
- M** – Milk
- N** – Nuts
- O** – Oatmeal
- P** – Parsley
- Q** – Quinoa
- R** – Rice
- S** – Salmon



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

K	W	S	O	T	O	R	P	N
R	T	O	P	N	K	O	S	W
N	O	P	S	W	R	T	O	K
W	N	O	T	S	P	K	R	O
O	S	R	K	O	W	N	T	P
T	P	K	O	R	N	W	O	S
P	R	T	N	S	K	O	W	O
O	R	N	O	P	M	N	S	R
S	K	S	W	R	O	R	M	K