

# 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 N through W to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

|         |         |         |         |         |         |         |         |         |
|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Orange  |         | Turkey  | Veggies |         | Walnuts | Pepper  |         | Quince  |
|         | Noodles |         | Orange  | Turkey  | Pepper  | Rice    |         | Veggies |
| Veggies |         | Squash  |         | Noodles | Rice    |         | Walnuts | Turkey  |
| Quince  | Veggies |         | Rice    |         |         | Noodles |         |         |
|         |         |         | Pepper  |         | Noodles |         | Quince  | Squash  |
| Squash  | Walnuts | Noodles |         | Quince  |         |         | Rice    | Pepper  |
|         |         |         |         |         |         | Turkey  |         |         |
|         |         | Veggies | Noodles |         |         | Squash  |         | Walnuts |
| Rice    |         | Walnuts |         | Orange  |         | Quince  |         | Noodles |

- N - Noodles
- O - Orange
- P - Pepper
- Q - Quince
- R - Rice
- S - Squash
- T - Turkey
- V - Veggies
- W - Walnuts



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

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| N | P | O | V | O | S | M | T | R |
| M | O | S | T | R | N | V | O | P |
| R | V | R | Q | P | W | O | S | N |
| P | R | V | O | Q | T | N | W | S |
| S | O | M | N | V | P | R | O | T |
| O | T | N | S | W | R | P | V | Q |
| T | M | O | R | N | Q | S | P | V |
| V | L | R | S | P | O | Q | N | W |
| Q | N | O | P | W | S | V | T | O |