



# NUTRITION SUDOKU

		Guava				Beets		
								Eggs
Beets								
								Cheese
Dates				Beets	Ham		Eggs	
		Eggs	Iceberg					Dates
Eggs					Beets			Farro
			Guava			Eggs		
					Eggs			

You may have seen Sudoku with numbers, but here's one featuring fruits and vegetables. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters A through H to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

## ANSWERS

Almonds A  
Beets B  
Cheese C  
Dates D  
Eggs E  
Farro F  
Guava G  
Ham H  
Iceberg I

B	C	D	E	F	G	H	A	I
I	A	E	C	H	G	B	D	F
F	G	H	B	A	D	C	I	E
D	B	F	A	G	I	E	H	C
G	E	I	H	B	C	F	A	D
C	H	A	F	E	D	I	B	G
A	I	C	G	F	H	D	E	B
E	F	G	D	A	B	H	C	I
H	D	B	I	C	E	G	F	A