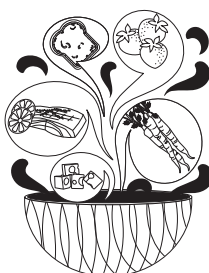


Nutrition Sudoku for Adults

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

Cereal		Egg	Banana	Ice Cream	Dairy	Fish		Hummus
Ice Cream	Grapes	Banana	Fish		Hummus	Avocado	Dairy	
Hummus		Dairy		Grapes		Ice Cream		Cereal
Dairy	Cereal	Ice Cream	Egg		Avocado	Hummus		Grapes
		Hummus	Ice Cream		Grapes	Banana		Avocado
Avocado	Banana		Hummus		Cereal	Dairy	Egg	Ice Cream
Banana	Ice Cream	Cereal	Grapes	Hummus		Egg		Dairy
			Dairy		Banana		Ice Cream	Fish
Egg		Fish	Cereal		Ice Cream	Grapes		

- A=** Avocado
- B=** Banana
- C=** Cereal
- D=** Dairy
- E=** Egg
- F=** Fish
- G=** Grapes
- H=** Hummus
- I=** Ice Cream



SAVOR THE FLAVOR OF EATING RIGHT

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

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