

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

Oatmeal	Quinoa				Shrimp	Peanut		
	Shrimp			Peanut				Quinoa
	Milk			Kale			Radish	
Lime					Radish			Nectarine
	Nectarine	Radish	Lime		Oatmeal			
Quinoa			Kale			Lime		
Nectarine	Radish	Peanut		Oatmeal	Lime	Quinoa	Milk	
		Oatmeal		Nectarine				
		Quinoa		Radish	Peanut		Nectarine	

- K** = Kale
- L** = Lime
- M** = Milk
- N** = Nectarine
- O** = Oatmeal
- P** = Peanut
- Q** = Quinoa
- R** = Radish
- S** = Shrimp



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

L	N	O	P	R	M	Q	K	S
S	P	R	K	N	Q	O	L	M
K	M	Q	L	O	S	P	R	N
R	O	L	N	M	K	S	P	Q
P	Q	M	O	S	L	R	N	K
N	S	K	R	Q	P	M	O	L
O	R	S	Q	K	N	L	M	P
Q	L	N	M	P	O	K	S	R
M	K	P	S	L	R	N	Q	O