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

**Nutrition Sudoku Moderate**

Lemon  Nuts  Shrimp

Shrimp  Tomato  Milk

Radish  Tomato  Lemon

Quinoa  Tomato  Milk  Shrimp

Tomato  Nuts  Omelet  Lemon  Pumpkin

Radish  Pumpkin  Tomato

Tomato  Milk  Lemon  Pumpkin  Nuts  Omelet

Omelet  Quinoa  Tomato

Nuts  Shrimp  Lemon

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**Don’t Look Yet!**

**These Are the Sudoku Answers:**

L  Lemon
M  Milk
N  Nuts
O  Omelet
P  Pumpkin
Q  Quinoa
R  Radish
S  Shrimp
T  Tomato