

NUTRITION: IT'S A MATTER OF FACT

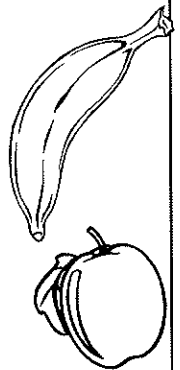
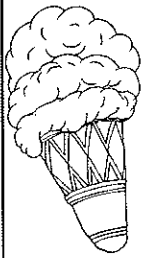
AMERICAN DIETETIC ASSOCIATION
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Nutrition: It's a Matter of Fact National Nutrition Month®

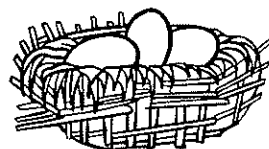
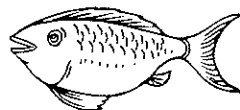
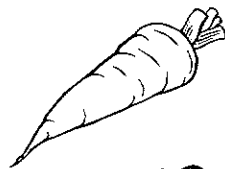
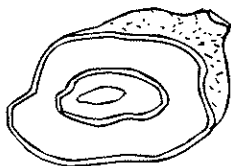
NUTRITION SUDOKU-ADULT

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

Carrot		Egg	Banana	Ice Cream	Date	Fish		Ham
Ice Cream	Grapes	Banana	Fish		Ham	Apple	Date	
Ham		Date		Grapes		Ice Cream		Carrot
Date	Carrot	Ice Cream	Egg		Apple	Ham		Grapes
		Ham	Ice Cream		Grapes	Banana		Apple
Apple	Banana		Ham		Carrot	Date	Egg	Ice Cream
Banana	Ice Cream	Carrot	Grapes	Ham		Egg		Date
			Date		Banana		Ice Cream	Fish
Egg		Fish	Carrot		Ice Cream	Grapes		



- Apple
- Banana
- Carrot
- Date
- Egg
- Fish
- Grapes
- Ham
- Ice Cream



Egg	Date	Fish	Carrot	Apple	Ice Cream	Grapes	Ham	Banana
Grapes	Ham	Apple	Date	Egg	Carrot	Banana	Ice Cream	Fish
Banana	Ice Cream	Carrot	Grapes	Ham	Fish	Apple	Date	Egg
Apple	Banana	Grapes	Ham	Fish	Carrot	Date	Egg	Ice Cream
Fish	Egg	Ham	Date	Apple	Ice Cream	Banana	Carrot	Grapes
Date	Carrot	Ice Cream	Egg	Banana	Apple	Ham	Fish	Grapes
Ham	Fish	Date	Apple	Grapes	Ice Cream	Banana	Carrot	Egg
Ice Cream	Grapes	Banana	Fish	Carrot	Ham	Apple	Date	Egg
Carrot	Apple	Egg	Banana	Ice Cream	Date	Fish	Grapes	Ham