



Discover the Power of Nutrition

Words may be horizontal, vertical, diagonal, or backwards

Apples	N	S	L	I	T	N	E	L	O	T	B	A	D
Bok Choy	D	E	N	H	O	R	G	A	S	I	H	L	R
Carrot	M	H	O	R	N	E	D	M	E	L	O	N	Y
Cornmeal	O	U	D	O	L	S	Q	U	R	A	A	P	L
Horned Melon	T	R	Y	P	S	U	J	S	R	P	L	R	P
Jackfruit	L	E	T	H	O	F	R	H	Y	I	L	D	E
Lentils	T	D	R	K	I	R	A	R	C	A	I	C	A
Milk	O	C	U	T	L	C	K	O	P	C	T	A	H
Mushrooms	P	A	H	C	A	T	T	O	C	I	R	D	O
Pistachios	T	B	O	M	Q	E	A	M	L	S	O	E	J
Pork	T	B	C	N	U	O	O	S	A	P	T	N	A
Quinoa	C	A	R	R	O	T	P	I	B	B	H	O	C
Red Cabbage	M	G	C	Y	R	S	A	F	R	A	E	N	K
Ricotta	L	E	U	K	Q	O	M	E	U	T	M	L	F
Tilapia	G	L	R	O	N	B	K	R	N	O	I	C	R
Tortilla	R	E	F	I	J	A	C	A	G	M	L	Y	U
	L	E	U	L	A	P	P	L	E	S	T	O	I
	I	Q	N	F	I	E	I	M	L	F	R	H	T
	A	L	A	E	M	N	R	O	C	Y	O	C	Q
	B	M	I	S	A	O	G	I	R	A	C	K	A
	N	R	L	P	Y	S	E	T	L	L	B	O	T
	P	I	S	T	A	C	H	I	O	S	J	B	I
	S	F	L	E	W	U	G	M	Y	N	D	E	L



Provided by:
JoEtta Heck, RDN
website: www.dietforbalancedhealth.com
email: joetta@dietforbalancedhealth.com



ANSWERS

