

# Foods for Digestion

Medium · 13 × 13 · 12 words · across, down and diagonal

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | G | I | N | G | E | R | L | A | N | A | P | E |
| S | E | A | T | N | A | K | A | L | A | G | E | I |
| I | B | O | D | R | I | E | H | E | T | C | P | A |
| S | Y | A | A | A | T | F | T | G | I | P | P | P |
| I | A | O | N | T | E | I | L | U | E | R | E | B |
| K | H | U | G | A | S | R | T | M | W | O | R | H |
| I | W | Z | E | U | N | R | H | E | E | B | M | E |
| M | A | V | P | R | R | A | H | S | D | I | I | C |
| C | D | F | S | E | K | T | S | R | I | O | N | S |
| H | T | T | I | R | A | R | I | A | T | T | T | H |
| I | D | D | S | B | O | R | A | E | E | I | A | E |
| Y | E | P | O | S | E | S | S | U | P | C | R | E |
| S | N | A | N | H | M | R | U | U | T | I | H | H |

☐ FIBER

☐ YOGURT

☐ KEFIR

☐ KIMCHI

☐ GINGER

☐ BANANAS

☐ OATS

☐ PEARS

☐ SAUERKRAUT

☐ PROBIOTIC

☐ PEPPERMINT

☐ LEGUMES

# Foods for Digestion: answer key

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