

Nutrient Rich Foods

Hard · 16 × 16 · 18 words · every direction, backwards too

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

- ☐ BROCCOLI
- ☐ SALMON
- ☐ QUINOA
- ☐ LENTILS
- ☐ ALMONDS
- ☐ BLUEBERRIES

- ☐ AVOCADO
- ☐ SWEET POTATO
- ☐ CHICKPEAS
- ☐ WALNUTS
- ☐ EDAMAME
- ☐ TOFU

- ☐ CHIA SEEDS
- ☐ SARDINES
- ☐ BRUSSELS SPROUTS
- ☐ ARTICHOKE
- ☐ PUMPKIN SEEDS
- ☐ BUTTERNUT

Nutrient Rich Foods: answer key

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