

Ways of Eating

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

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

☐ MEDITERRANEAN

☐ VEGETARIAN

☐ VEGAN

☐ PESCATARIAN

☐ FLEXITARIAN

☐ GLUTEN FREE

☐ KOSHER

☐ HALAL

☐ PLANT BASED

☐ WHOLE FOODS

☐ LOW SODIUM

☐ HIGH FIBER

☐ BALANCED

☐ PORTION CONTROL

☐ MINDFUL EATING

☐ FASTING

☐ ALLERGY

☐ ORGANIC

Ways of Eating: answer key

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