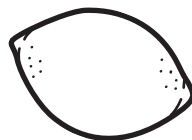


Nutrition Sudoku 2013

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

Lemon		Pasta	Tuna		Rice	Milk	Kiwi	Squash
	Kiwi		Lemon	Pasta		Nuts		Tuna
Tuna		Orange			Nuts		Rice	
	Tuna		Nuts			Kiwi	Pasta	
		Nuts	Milk		Kiwi	Rice		Orange
Orange	Rice						Nuts	Milk
Kiwi				Milk	Squash	Pasta	Tuna	
	Squash		Kiwi					Rice
Nuts		Rice	Orange		Tuna	Squash	Milk	

K – Kiwi **O – Orange**
L – Lemon **P – Pasta**
M – Milk **R – Rice**
N – Nuts **S – Squash**
T – Tuna



K	M	S	T	O	R	P	N
R	L	O	P	N	K	T	S
N	T	P	S	W	R	L	O
M	N	T	L	S	P	K	O
O	S	R	K	T	M	N	P
L	P	O	K	O	R	N	S
P	R	L	N	S	O	M	T
T	O	N	P	M	N	O	T
S	K	M	O	R	P	L	N