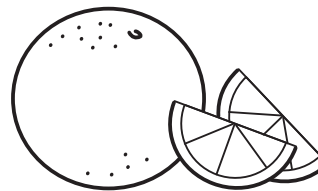


Nutrition Sudoku 2013 - Easy

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		Plum	Tuna		Rice	Milk	Kiwi	Spinach
	Kiwi		Lemon	Plum	Milk	Nuts		Tuna
Tuna		Orange		Kiwi	Nuts		Rice	Plum
Spinach	Tuna		Nuts			Kiwi	Plum	
		Nuts	Milk	Tuna	Kiwi	Rice	Spinach	Orange
Orange	Rice	Kiwi		Spinach			Nuts	Milk
Kiwi		Lemon	Rice	Milk	Spinach	Plum	Tuna	
	Spinach	Tuna	Kiwi		Plum	Orange		Rice
Nuts	Plum	Rice	Orange	Lemon	Tuna	Spinach	Milk	Kiwi

K – Kiwi
L – Lemon
M – Milk
N – Nuts
O – Orange
P – Plum
R – Rice
S – Spinach
T – Tuna



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