

Healthy Foods Word Search

Find all 20 hidden healthy foods.

Difficulty **Hard** ■■■■■

Estimated time 🕒 17-33 min

Recommended age Adults & teens

Built for experienced solvers.

Puzzle ID HF-H-028 Version 2026.4

Name _____

Date _____

Completed in _____

Every Modern Word Search puzzle follows a published design specification and is individually reviewed before publication.

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

WORDS TO FIND

ALKALIZING

ANTIOXIDANT

BALANCED

BIOAVAILABILITY

CHOLESTEROL

DETOXIFICATION

FERMENTATION

GLYCEMIC

INFLAMMATION

MACROBIOTIC

METABOLISM

MICROBIOME

NUTRITIONAL

ORGANIC

PHYTONUTRIENT

POLYPHENOL

REGENERATIVE

SUSTAINABILITY

UNPROCESSED

WHOLESOME

Healthy Foods — Answer Key

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

Did you know?

- Leafy green vegetables are often highlighted by nutritionists for their high vitamin and mineral content relative to their calorie count.
- Whole grains retain their bran and germ layers, which is where much of their fiber and nutrient content comes from.
- Fatty fish like salmon are a well-known source of omega-3 fatty acids, linked to heart health in numerous studies.
- Reading a nutrition label carefully, including serving size, is one of the most reliable ways to judge how "healthy" a packaged food actually is.

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