

Healthy Foods Word Search

Large print word search with extra-large letters for comfortable solving.

Difficulty **Medium** ■■■□□

Format **Large Print**

Estimated time ⌚ 10-20 min

Best for Adults & Seniors

Puzzle ID HF-L-028 Version 2026.1

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

WORDS TO FIND

ASPARAGUS	FERMENTED	NUTRIENT	SUPERFOOD
CAULIFLOWER	FLAXSEED	ORGANIC	TURMERIC
CHICKPEA	LEGUME	PROBIOTIC	WALNUT
EDAMAME	MATCHA	SARDINE	

Healthy Foods — Answer Key

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

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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