

Salt

Word Search Puzzle

See if you can find the high salt foods in the word search. Remember that these are foods that you need to try and limit in your diet.

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

FIND THESE
WORDS IN THE
WORD SEARCH
PUZZLE

SALT
SODIUM
CRISPS
SALTED NUTS

TINNED SOUPS
TAKEAWAYS
SAUSAGES



Word Search Puzzle

Answers

Congratulations! You've found all of the high salt foods in the word search. Remember to limit these foods in your diet.

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

ANSWERS
TO THE
WORD SEARCH
PUZZLE

SALT
SODIUM
CRISPS
SALTED NUTS

TINNED SOUPS
TAKEAWAYS
SAUSAGES

