

Nutrition Puzzles: Red Fruits and Vegetables

www.personal-nutrition-guide.com

Circle all the red fruits and vegetables you can find. Eat at least one red fruit or vegetable today!

r s r a d i s h e s r e r s p
e e e h i c s a o e p o m e r
d r d i l c r r d l g e p g b
o e b g r p r p l r a e e n r
n s e i r r e b w a r t s a e
i e l t r a e p e s a s n r a
o i l t r r p h e p o p o o o
n r p s o n e e c b r b l d e
s r e r a m g r f e s i e o t
g e p s e t a n a r g e m o p
a b p t e s o t o r u s r l r
r n e r r o s s o i t i e b l
e a r e d g r a p e s b t b s
d r s i a p p l e s s r a i n
l c f n e p e b d p a r w r e

apples
cherries
radishes
red grapefruit
red pears
watermelon

beets
cranberries
raspberries
red grapes
strawberries

blood oranges
pomegranates
red bell peppers
red onions
tomatoes