

The Mediterranean Diet Wordfind

This great way of eating promotes healthy aging in so many ways! Find the names of 20 ingredients you might find in a Mediterranean diet, hidden in this wordfind.



- AVOCADO
- BEANS
- FISH
- FRUITS
- HERBS
- HUMMUS
- LEAN MEATS
- LEGUMES
- LENTILS
- MONOUNSATURATED
- NUTS
- OLIVE OIL
- OLIVES
- RED WINE
- SALADS
- SEAFOOD
- SEEDS

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



- SPICES
- VEGETABLES
- WHOLE GRAINS