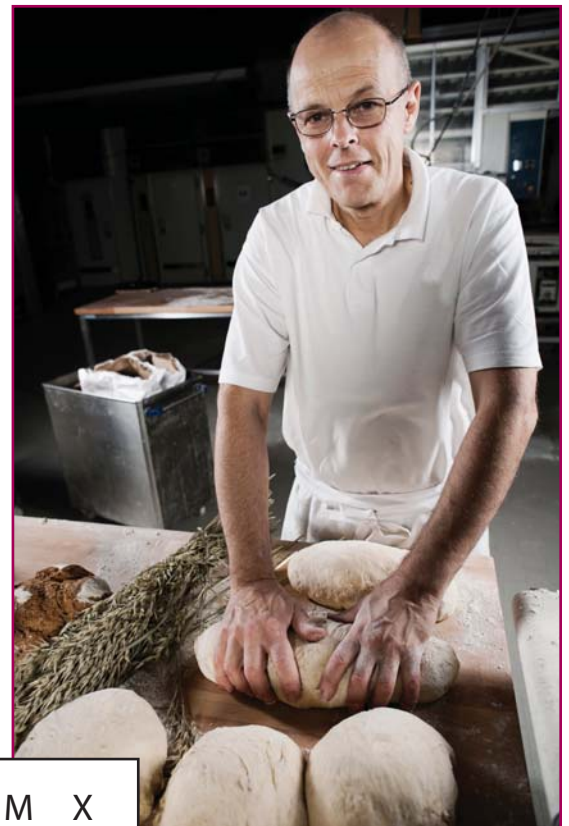


Eat Your Whole Grains

Whole grains are an important part of a healthy diet, reducing the risk of many diseases and promoting healthy aging. The name of 20 yummy grains, both common and exotic, are hidden in this puzzle. Give your brain a workout and find them all.



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

- AMARANTH
- BARLEY
- BROWN RICE
- BUCKWHEAT
- BULGUR
- EINKORN
- FARO
- FREEKEH
- KAMUT
- MILLET
- OATMEAL
- POPCORN
- QUINOA
- RYE
- SORGHUM
- SPELT
- TRITICALE
- WHOLE CORN
- WHOLE WHEAT
- WILD RICE

