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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Anti-inflammatory Food Word Search

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

   Bone Broth       Chia Seeds       Black Beans       Avocado       Broccoli       Tomato       Spinach       Green Tea       Lemons       Turmeric       Garlic       Cinnamon       Walnuts       Almonds       Flaxseeds       Almond Butter       Lentils       Yams       Quinoa       Oats       Olive Oil       Dark Chocolate       Wild Salmon       Blueberries