Hidden Sugar **Puzzle**

Remember: words may be listed up or down, diagonally, backwards or forwards.

H

 \mathbf{L}

 \mathbf{E}

 \mathbf{E}

D

 \mathbf{E}

S

 \mathbf{T}

Ι

H

T

 \mathbf{E}

N

U

B

 \mathbf{R}

Try and Find

Breath Mints Bubble Gum Candy Bar

Canned Fruit

Chewy Fruit Snacks

Chocolate Cake

Chocolate Milk

Coated Cereal

Dextrose

Fruit Drinks

Fruit Punch

Glucose

Granola Bars

Honey

Ice Cream

Ketchup

Licorice

Marshmallow

Molasses

Peanut Brittle

Pies

Popsicle

Raisins

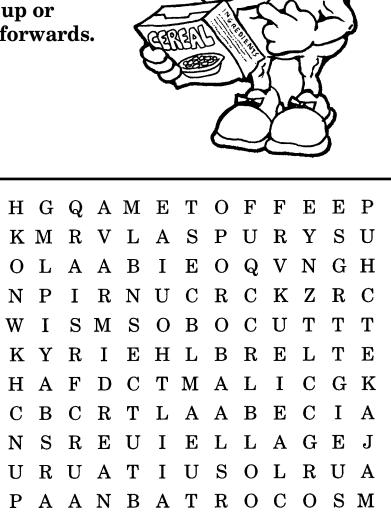
Soda Pop

Sucrose

Sundaes

Syrup

Toffee



I Y \mathbf{L} S R \mathbf{T} Α T \mathbf{E} T Ι M D F P \mathbf{E} N Ι Y Q S Α D 0 N Ι \mathbf{C} R \mathbf{T} N U 0 R H \mathbf{H} Ι \mathbf{E} N \mathbf{C} L R U J \mathbf{R} S A \mathbf{E} D Y 0 \mathbf{B} \mathbf{Z} \mathbf{E} F \mathbf{E} \mathbf{E}

> 0 D

Α P

S

Be a smart consumer. Read the label before you buy.

 \mathbf{M}

Find the hidden sugars. Remember "ose" on the end of a word means sugar.

K M

 \mathbf{L}

Y

Α

 \mathbf{B}

S

 \mathbf{R}

Α

0

 \mathbf{H}

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U

P

S

S

 \mathbf{E}

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 \mathbf{E}

 \mathbf{E}

Ι

R

F

D

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Health Promotion and Protection