



Name _____

Unique Protein Sources Word Search

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

Lentils
 Chickpeas
 Tofu
 Tempeh
 Edamame

Peas
 Almonds
 Walnuts
 Hazelnuts
 Pistachios

Pumpkin seeds
 Sunflower seeds
 Cashews
 Black beans
 Kidney beans

