

Name: _____

Date: _____

Can you find the twelve foods listed below with the highest salt concentration ?

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

Instant pudding

Salad dressing

Tomato sauce

Canned tuna

Baked beans

Tortillas

Biscuits

Pickles

Bacon

Pizza

Spam

Soup