

Where's the Sodium?

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

cannedvegetables
spaghettisauce
ramennoodles
fastfoods
sausage
chips

processedcheese
teriyakisauce
cannedsoup
soysauce
gravies
bacon

hamburgerhelper
frozendinners
lunchmeats
pretzels
hotdogs
broth