

Name: _____

Date: _____

Food Labels

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

cholesterol
saturated
serving
grams
iron

dailyvalue
calories
calcium
trans
food

percentage
vitamins
protein
label
cup

determine
healthy
sodium
size
fat