

Nutrition Label

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

saturated fat	carbohydrates	dietary fiber	recommended
folic acid	percentage	nutrition	transfat
vitamins	calcium	serving	amount
sodium	daily	label	iron
size	cup	per	fat