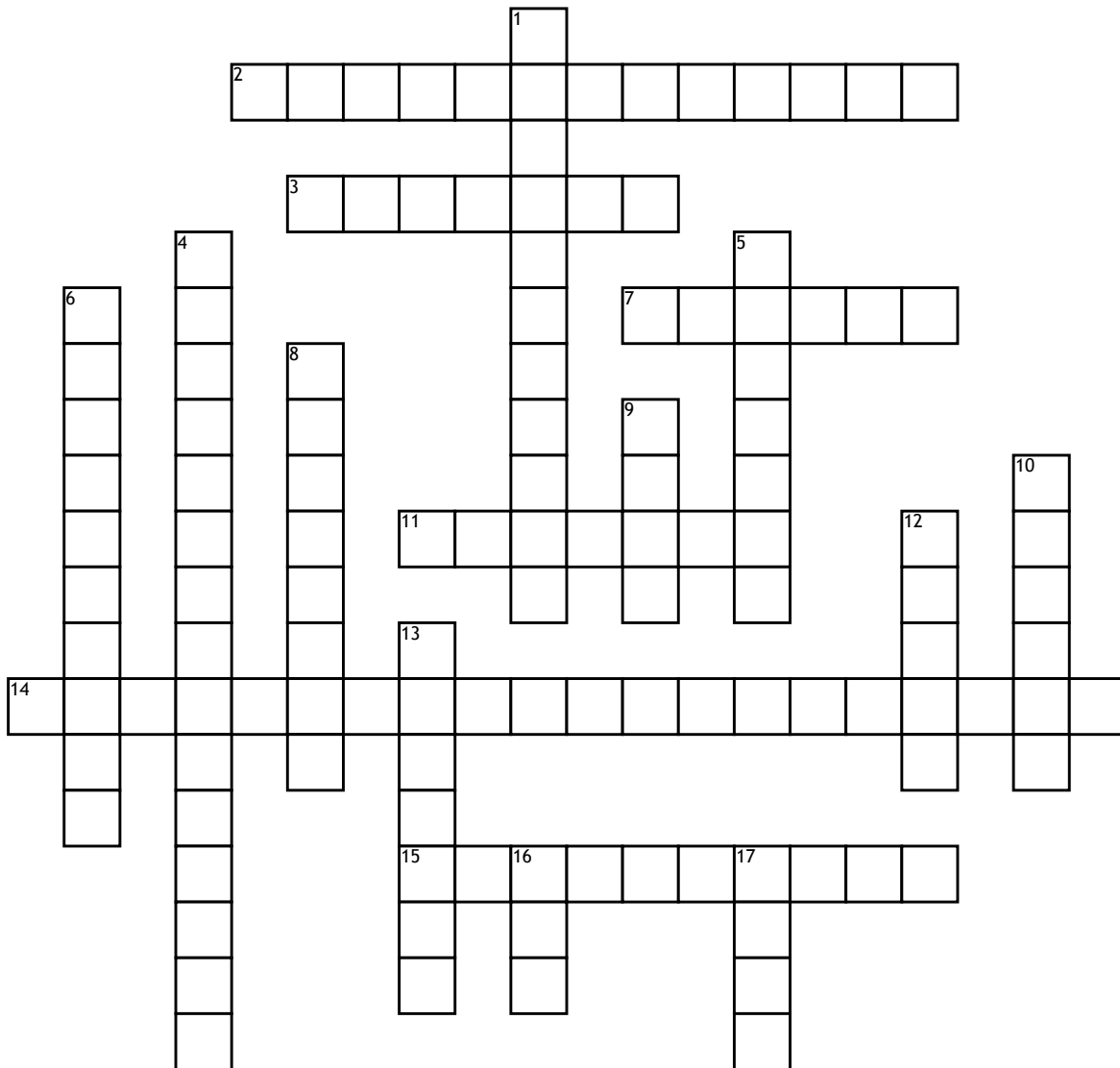


Nutrition Label Cross Word Puzzle



Across

2. Things like bread, candy bars, and pancakes are examples of things high in _____.
3. Protein builds strong _____, bones and teeth.
7. Calories are a unit of measurement for _____.
11. Meat and eggs are a great source of _____.
14. You can quickly scan the _____ to determine if there is a little or a lot of a nutrient in the food.
15. Vitamin C helps your body fight _____.

Down

1. People with hearth issues need to monitor how much fat and _____ they eat.
4. A claim like 'No Sugar Added' or 'Fat Free' is an example of a _____ claim.
5. _____ size tells you how much food you need to eat to get the amount of Calories listed on the Nutrition Label.
6. The _____ list, is where you can find what is in the packaged food.
8. Other than food, you can get _____ from the sun!

9. Vitamin A helps keep your skin and _____ healthy
10. Another word for salt is _____.
12. Words in the ingredient list that end in -ose, like 'Maltose', 'Sucrose', Fructose' are other words for _____.
13. Milk is a good source of _____.
16. Butter and cheese contain lots of _____.
17. _____ helps your blood transport oxygen to all the cells in your body.