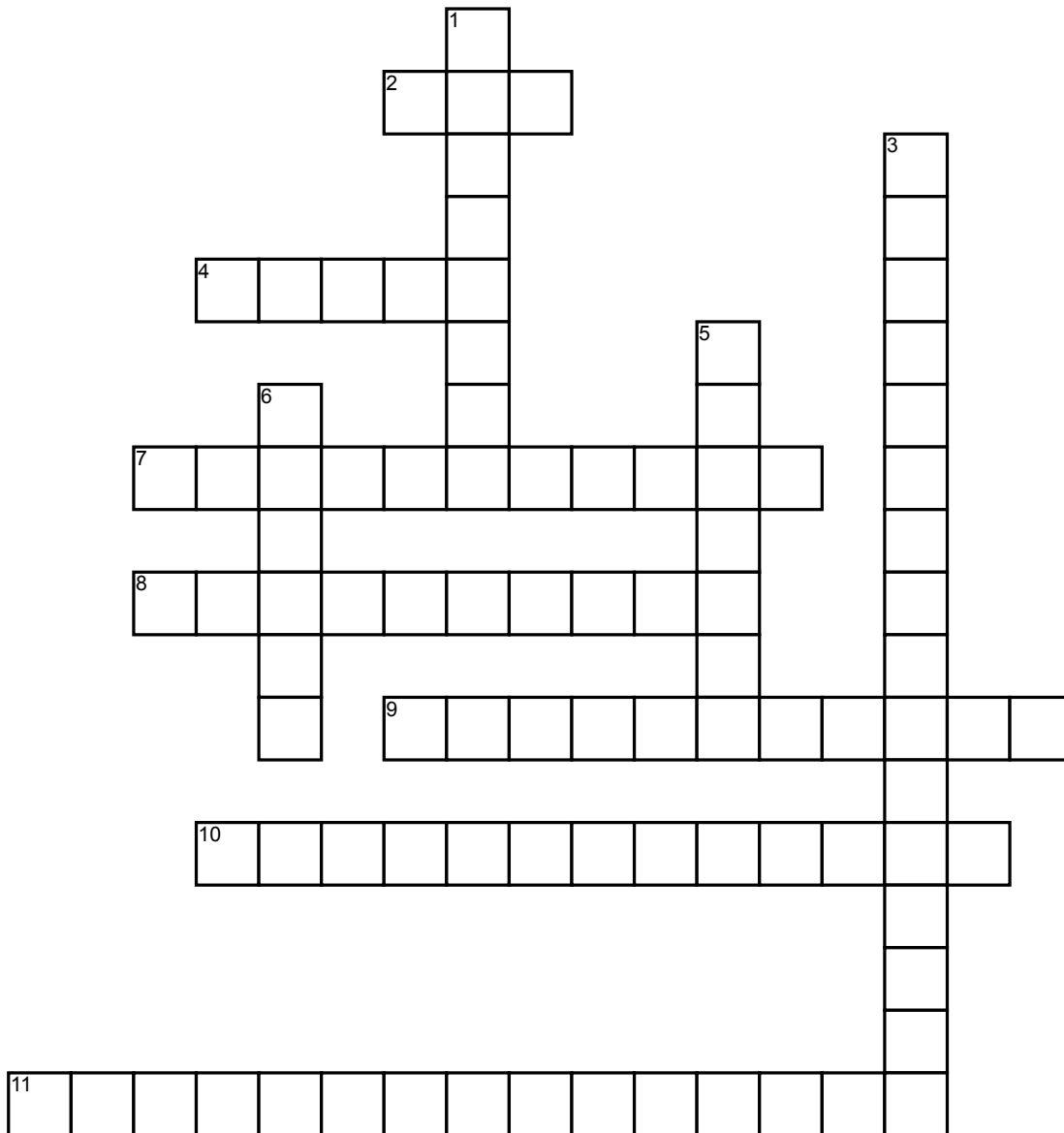


Nutrition Label Vocab



Across

2. Aim for less than 65g of Total _____ a day.

4. _____ helps digest food & helps you feel full longer.

7. Aim for less than 300mg of _____ a day.

8. The food item is a good source of a vitamin or mineral if the % _____ is 10% or more.

9. All of the values on a nutrition label are based on the _____.

10. Aim for 300g Total _____ a day

11. The average person's _____ is 2,000 calories a day.

Down

1. _____ are the energy that is supplied in food.

3. Aim for a total of 100% in all nutrients, _____, & _____.

5. Aim for 20g of _____ a meal, 50-60g total a day.

6. Aim for less than 2,300mg of _____ a day.