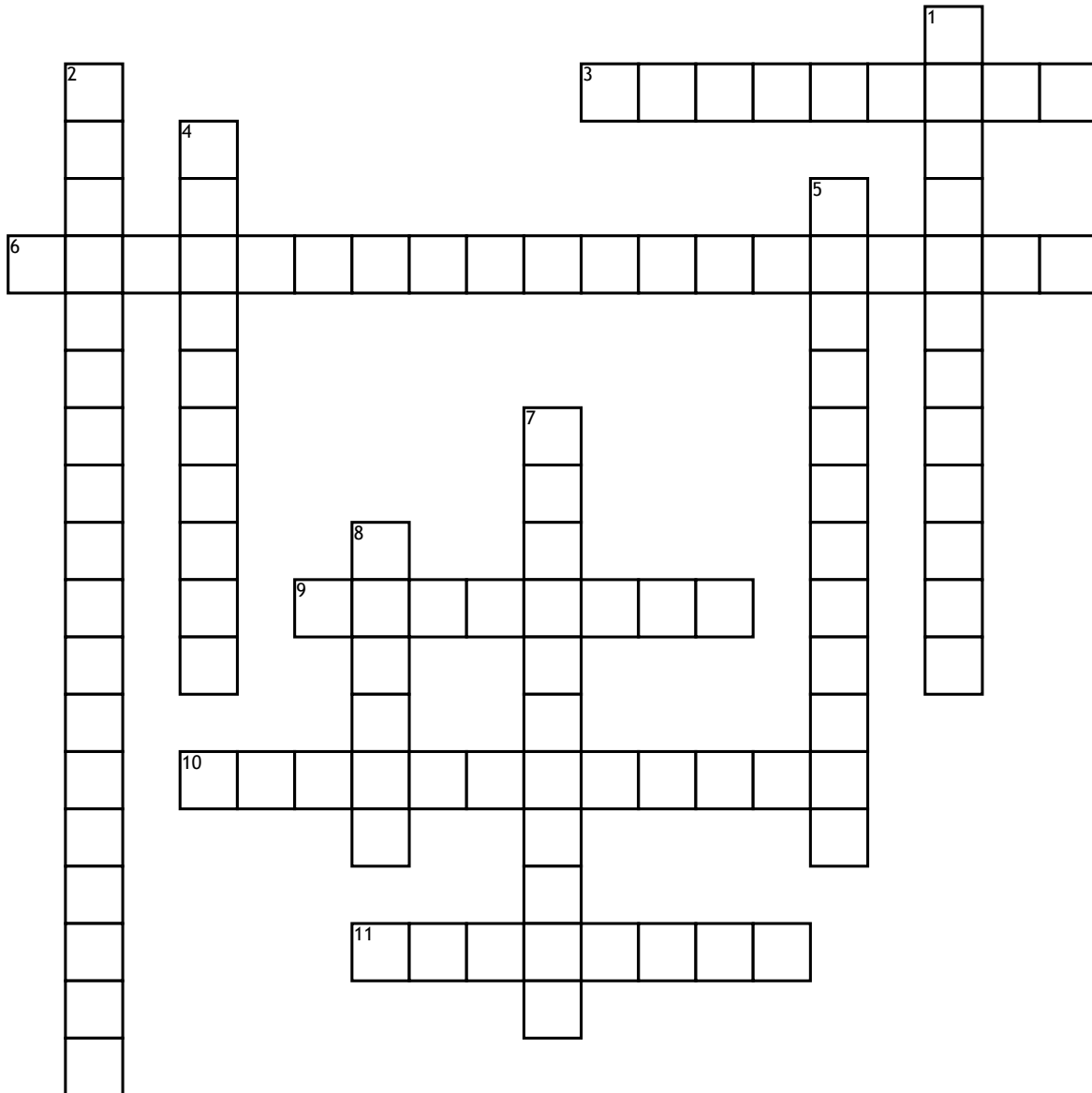


Name: _____

Date: _____

Nutrition Vocabulary



Across

- 3. helps maintain normal blood pressure and keeps your heart and kidneys normal
- 6. like salt, known as MSG
- 9. limit total to less than 25% to 35% of your daily calories
- 10. found in animal products such as meat and milk as well as coconut and palm oil
- 11. labels tell you how many _____ are in one serving

Down

- 1. helps make you feel full and can help lower cholesterol
- 2. a healthy fat found in foods such as nuts, olive oil, and avocados
- 4. eating this can reduce the risk of cardiovascular disease
- 5. main energy source for your body
- 7. most people should eat less than 300mg of ____ a day
- 8. commonly called salt, vital for healthy nerves and muscles