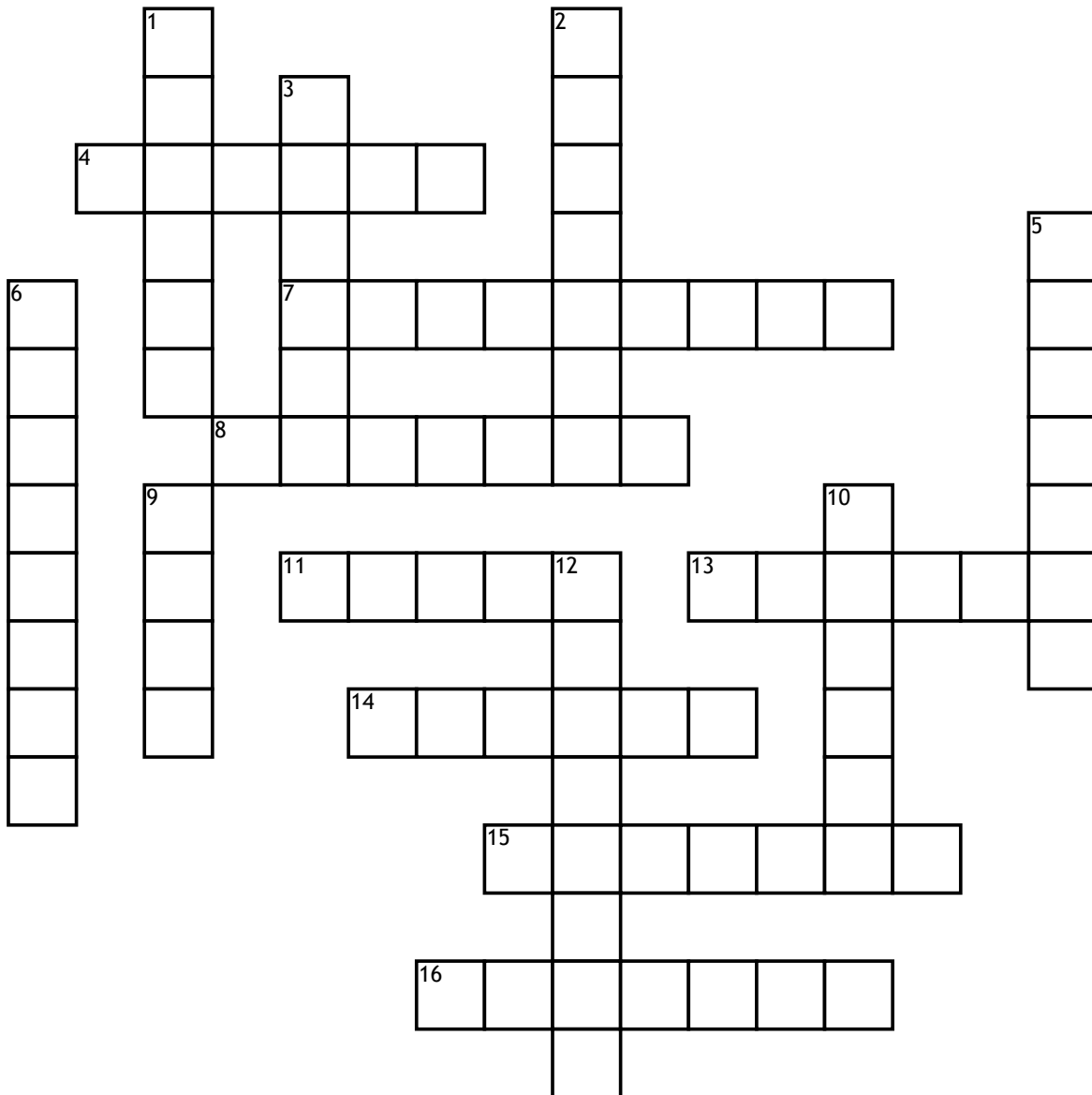


Portions and Servings



Across

4. _____ equation
 7. _____ Facts Label
 8. an amount used on the nutrition label
 11. about the same size as a 1 oz.
 13. a serving of this is about the size of two 9 volt batteries

14. 1 cup is the size as a _____ fist
 15. America has an _____ problem
 16. a measure of energy

Down

1. 1/2 cup is about the size of a _____ ball
 2. the amount of food a person eats at one time
 3. 1/2 cup is the serving size of _____ juice

5. a serving of nuts is one _____ cup
 6. to maintain weight balance _____ in with _____ out
 9. 3 oz. is about the size as the _____ of a hand
 10. take in the same number of calories as you burn to maintain your _____
 12. 1 cup is about the size of this type of ball