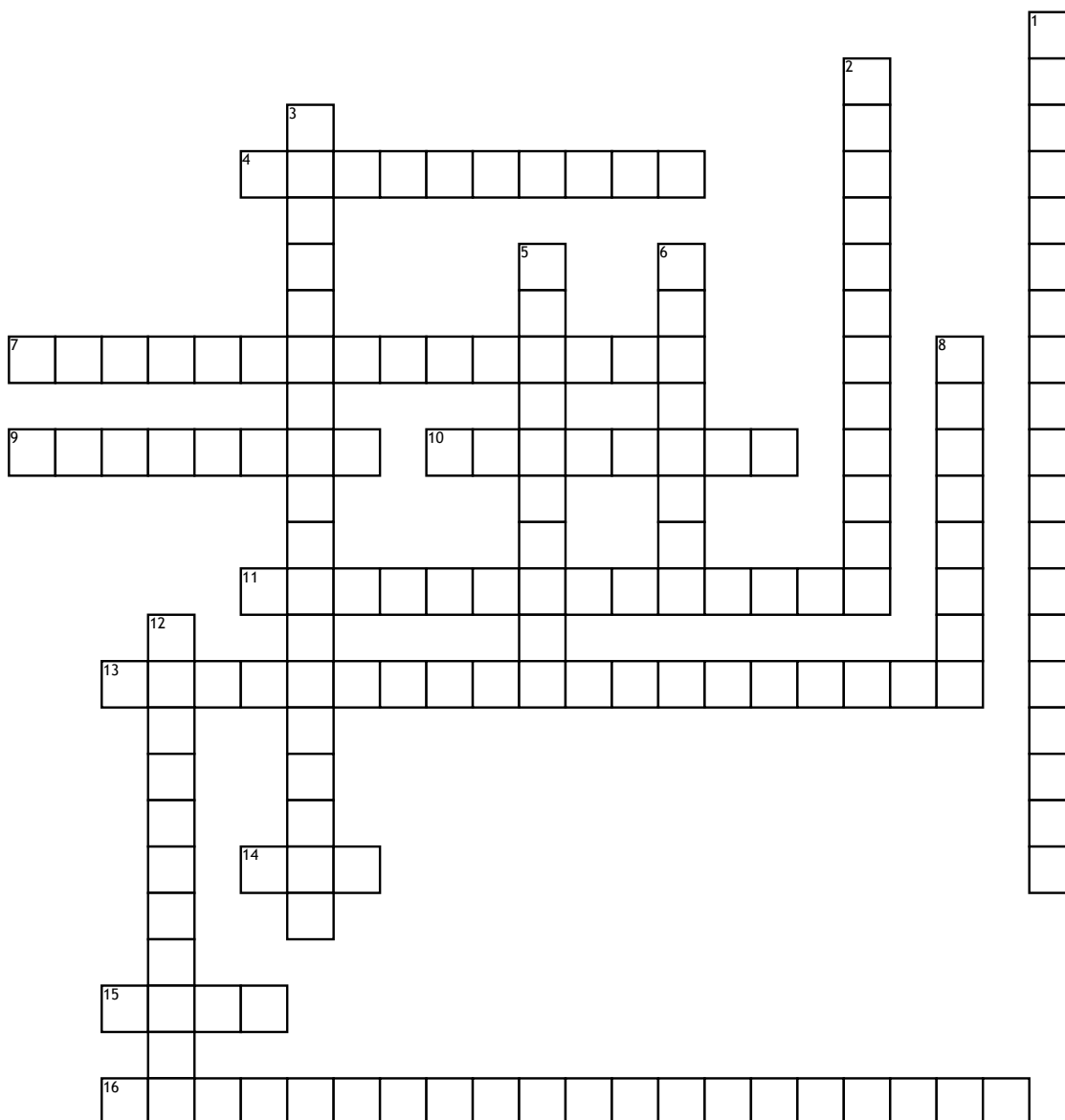


Name: _____ Date: _____ Period: _____

Nutrition Facts Label



Across

4. packages that show calories and nutrients on both a "per serving" and "per package" basis to help people understand how much they consume
7. has been removed from the new label
9. found at the bottom of the label
10. gives your body the energy it needs to survive and thrive
11. shows each ingredient in a food by its common or usual name in descending order by weight

13. how much of a nutrient is in one serving of food

14. symbol for percent of daily value

15. 400 calories per serving is considered

16. the total number of servings in the entire food package or container

Down

1. all of this information can be found on

2. packages that do NOT have enough space for a full label use this

3. foods that contain vitamins, minerals, dietary fiber, and other substances that may have positive health effects

5. a food having insignificant amounts of most nutrients use this type of format

6. substance in food that contributes to growth and health

8. 100 calories per serving is considered

12. based on the amount of food that is customarily eaten at one time