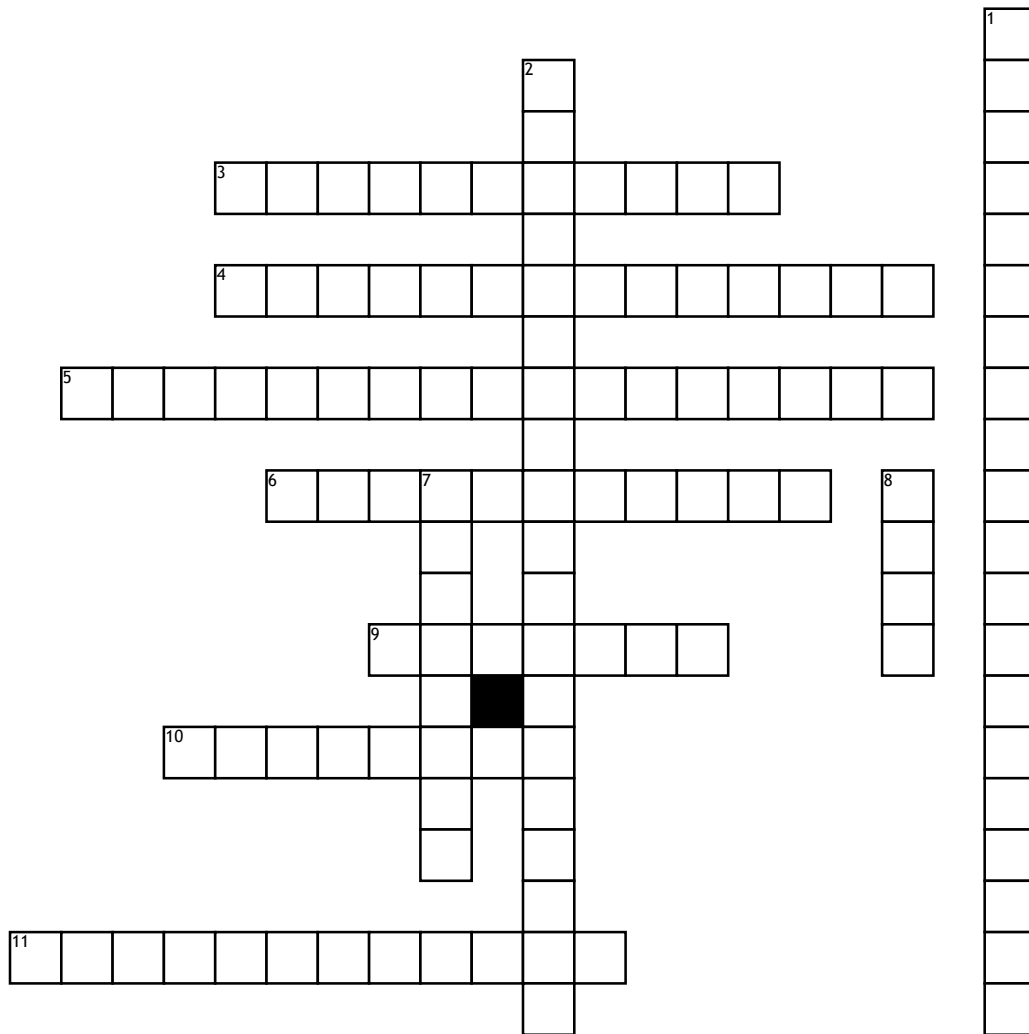


Nutrition Facts Label



Across

3. This nutrient should be monitored as it can cause heart attacks.
 4. shows each ingredient in a food by its common or usual name in descending order by weight
 5. %DV
 6. First thing you should look at on a nutrition label.
 9. The nutrient needed to increase bone strength and prevent the development of osteoporosis.

Word Bank

calcium
 Calories
 Percent Daily Value
 cholesterol

Serving Size
 Nutrition Facts Label
 vitamin c
 Dietary Fiber

2000
 servings per container
 ingredient list

10. The second item you should look at on a nutrition label.

11. The nutrient you need that helps with digestion.

Down

1. the total number of servings in the entire food package or container
 2. all of this information can be found on
 7. This vitamin helps your immune system and is often found in orange juice
 8. The number of calories the average diet recommends consuming each day.