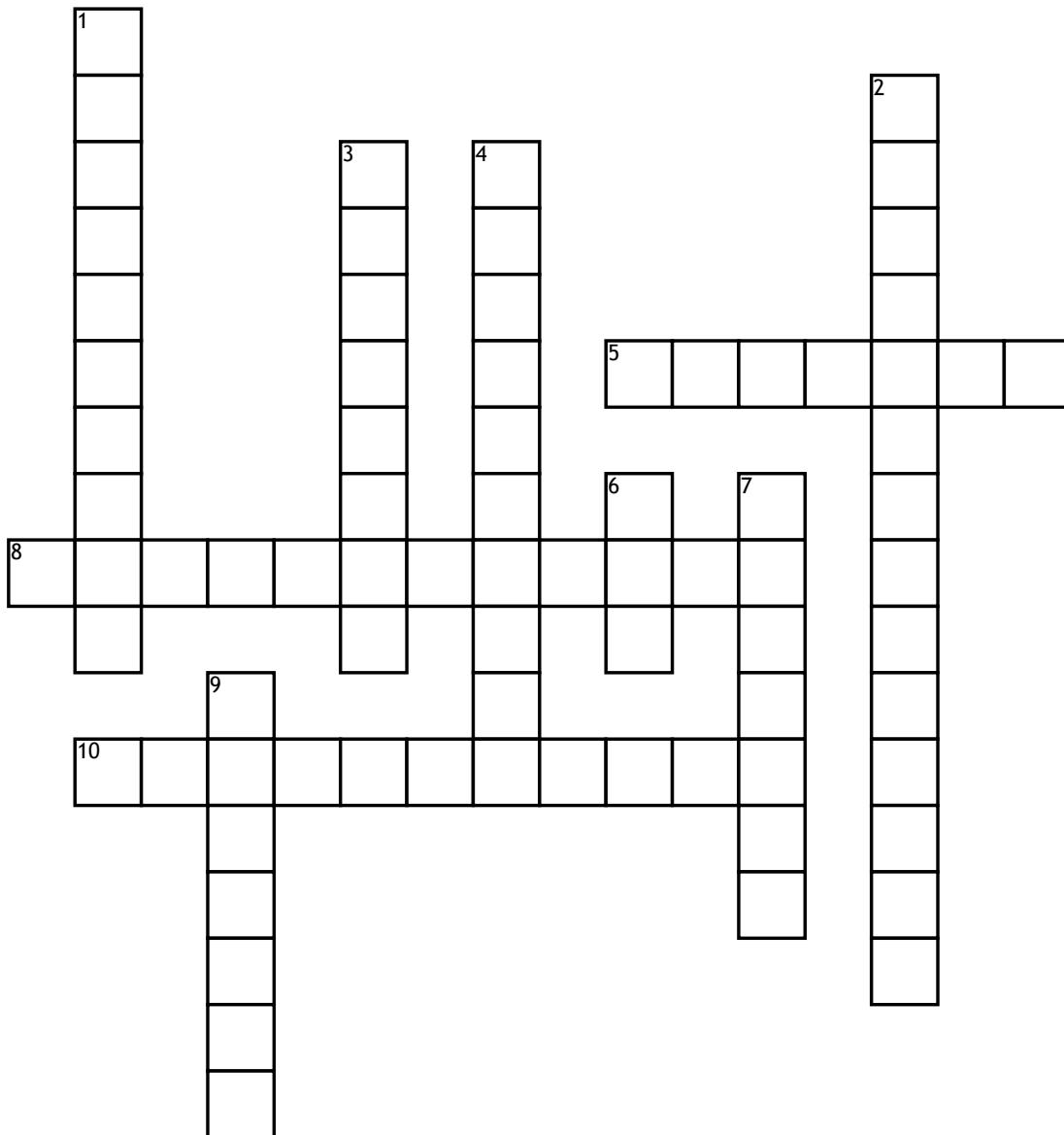


Nutrition Label Crossword



Across

- 5. The vitamins and minerals listed on a nutrition label are vitamin D, potassium, iron, and _____?
- 8. Which nutrient has 4 calories per gram?
- 10. Term for the amount of food in each serving?

Down

- 1. Sugar added in addition to a foods natural amount is called?
- 2. Graphic on the side or back of a food item that contains nutritional information is called a?

- 3. Additional information for food labels can be found at _____ .org?
- 4. In a list of ingredients, the ingredients are listed in _____ order.
- 6. Which nutrient has 9 calories per gram?
- 7. Daily _____ Values are for the entire day.
- 9. This macronutrient helps build strong muscles.