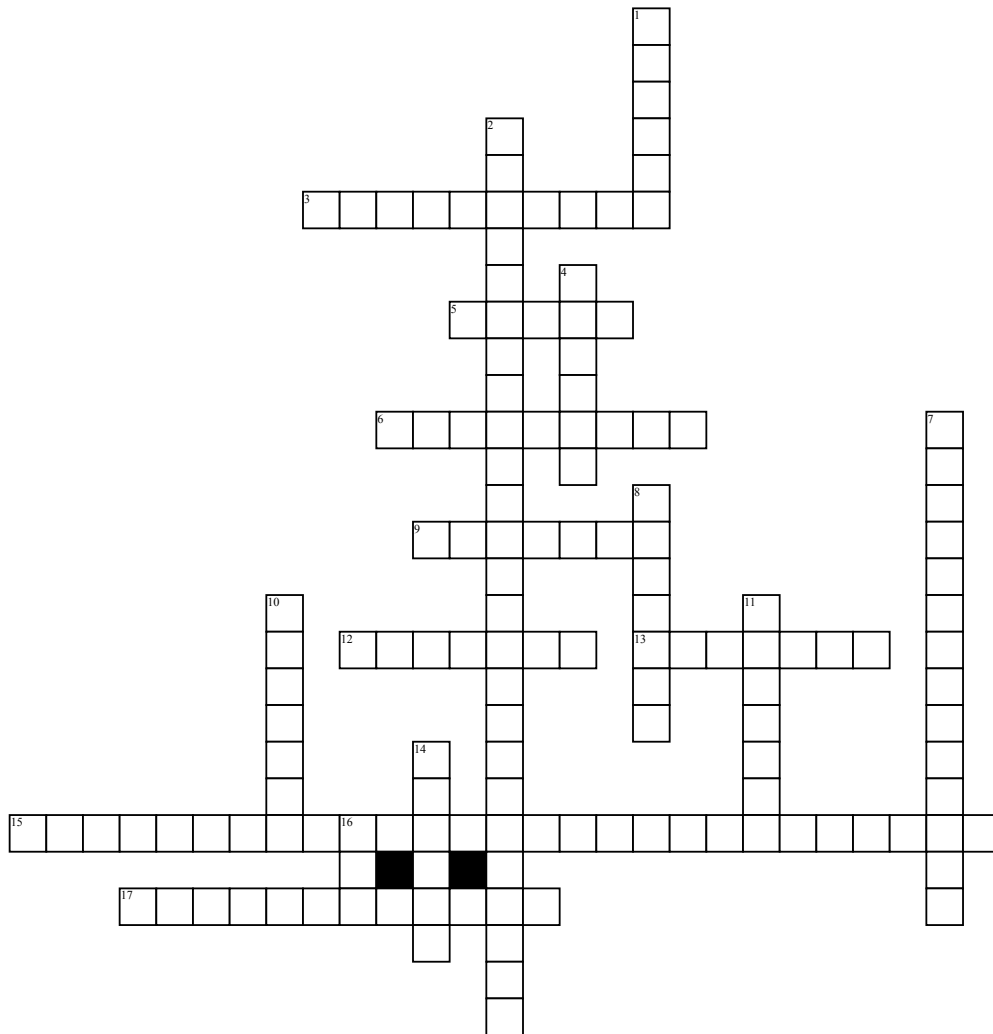


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrition Tools



## Across

3. Tips on what you should eat more and less of in your diet.  
5. Milk  
6. Process of breaking down nutrients in foods.  
9. Guidelines on a healthy balanced meal.  
12. Increase  
13. What you should have in your diet more of

15. Average limit on food intakes

17. helps record all you have eaten and can give tips and advice.

## Down

1. Pasta  
2. High amount of food intake.  
4. Apple  
7. Helps you to see what exactly is inside of the food.

8. What helps to figure out how dense a food is with nutrients?

10. Steak

11. decrease

14. Have less of in your diet

16. Estimated Average Requirement.

## Word Bank

Grains  
Guidelines  
Supertracker  
My Plate  
Fruits  
Protein

Nutrition Facts  
Recommended Dietary Allowance  
Digestion  
Include  
Tolerable Upper Intake Level  
Dairy

Reduce  
Density  
Alcohol  
Veggies  
EAR