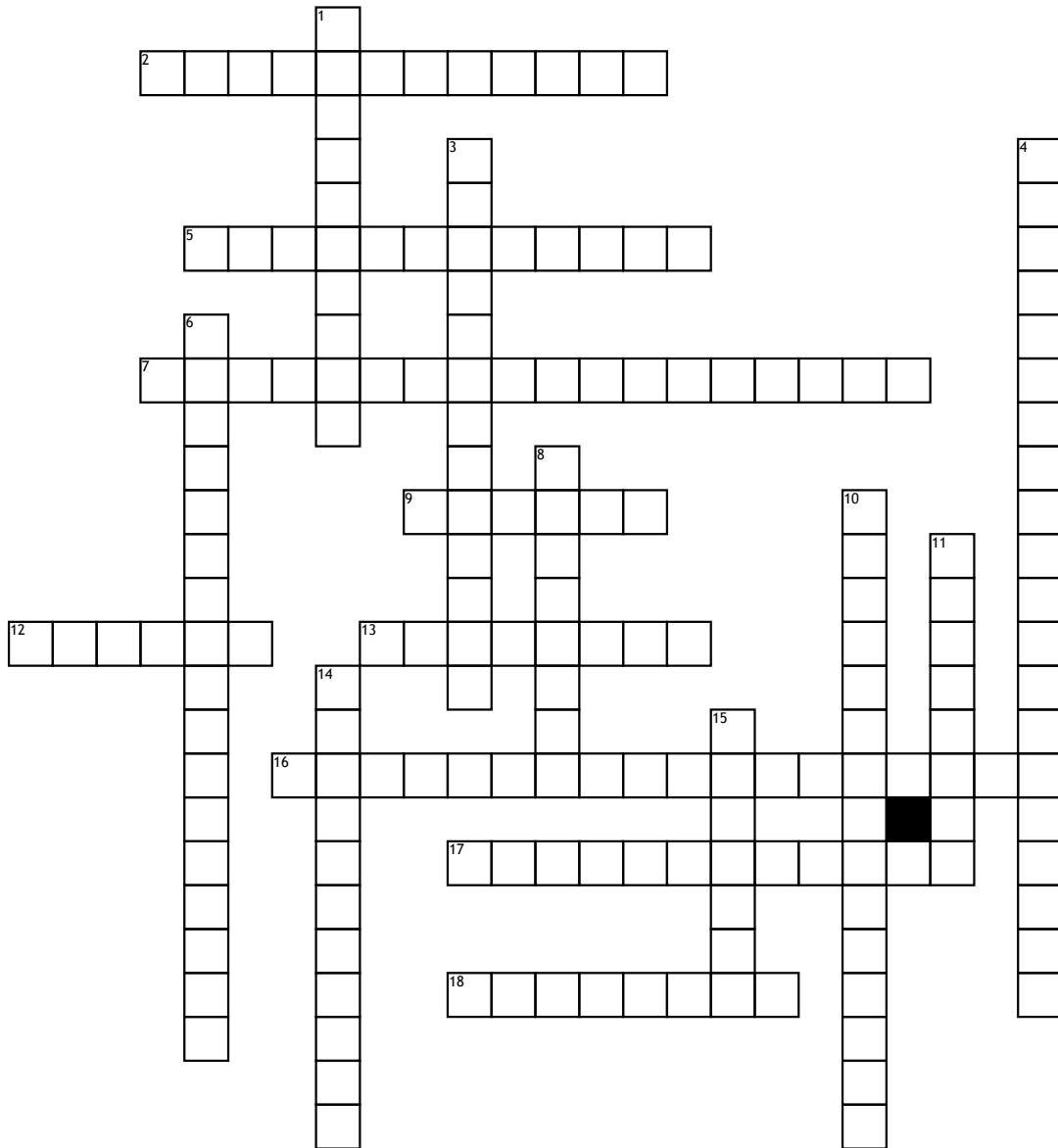


# Understanding the Nutrition Facts Label



**Across**

- 2. a type of carbohydrate found in plant food
- 5. amount of food that is customarily eaten.
- 7. found in higher portions in plant and seafood and are usually liquid at room temperature
- 9. a mineral and one of the chemical elements found in salt
- 12. smallest and simplest type of carbohydrate. Are easily digested and absorbed by the body
- 13. "energy" supplied from all sources of food

- 16. found in higher portions in plants and seafood and are usually liquid at room temperature
- 17. found in higher portions in animal products and is usually solid at room temperature
- 18. organic substances made by plants and animals

**Down**

- 1. shows how much of a nutrient is in one serving of the food
- 3. provide a sweet taste with fewer calories
- 4. total number of servings

- 6. found primarily in plant food; one of the three macronutrients in food that provide calories or "energy"
- 8. inorganic substances that are not made by living things
- 10. fat's contribution to the total number of calories
- 11. unsaturated fat and is not essential in the diet
- 14. waxy, fat like substance produced primarily by the liver
- 15. one of the three macronutrients in food that provides calories or "energy"