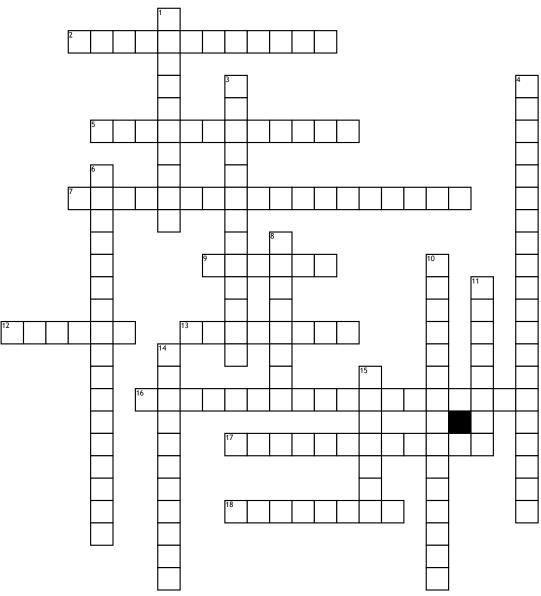
Understanding the Nutrition Facts Label



<u>Across</u>

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 usaully liquid at room temperature
9. a mineral and one of the chemicalelements 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 plnts 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

<u>Down</u>

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 contributuin 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"