Across
1. shows how much of a nutrient is in one serving of the food
2. a type of carbohydrate found in plant food
3. provide a sweet taste with fewer calories
4. total number of servings
5. amount of food that is customarily eaten.
6. found primarily in plant food; one of the three macronutrients in food that provide calories or "energy"
7. found in higher portions in plant and seafood and are usually liquid at room temperature
8. inorganic substances that are not made by living things
9. a mineral and one of the chemical elements found in salt
10. fat's contribution to the total number of calories
11. unsaturated fat and is not essential in the diet
12. smallest and simplest type of carbohydrate. Are easily digested and absorbed by the body
13. "energy" supplied from all sources of food
14. waxy, fat like substance produced primarily by the liver
15. one of the three macronutrients in food that provides calories or "energy"
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
2. provide a sweet taste with fewer calories
3. total number of servings
4. found primarily in plant food; one of the three macronutrients in food that provide calories or "energy"
5. inorganic substances that are not made by living things
6. fat's contribution to the total number of calories
7. unsaturated fat and is not essential in the diet
8. waxy, fat like substance produced primarily by the liver
9. one of the three macronutrients in food that provides calories or "energy"
10. organic substances made by plants and animals