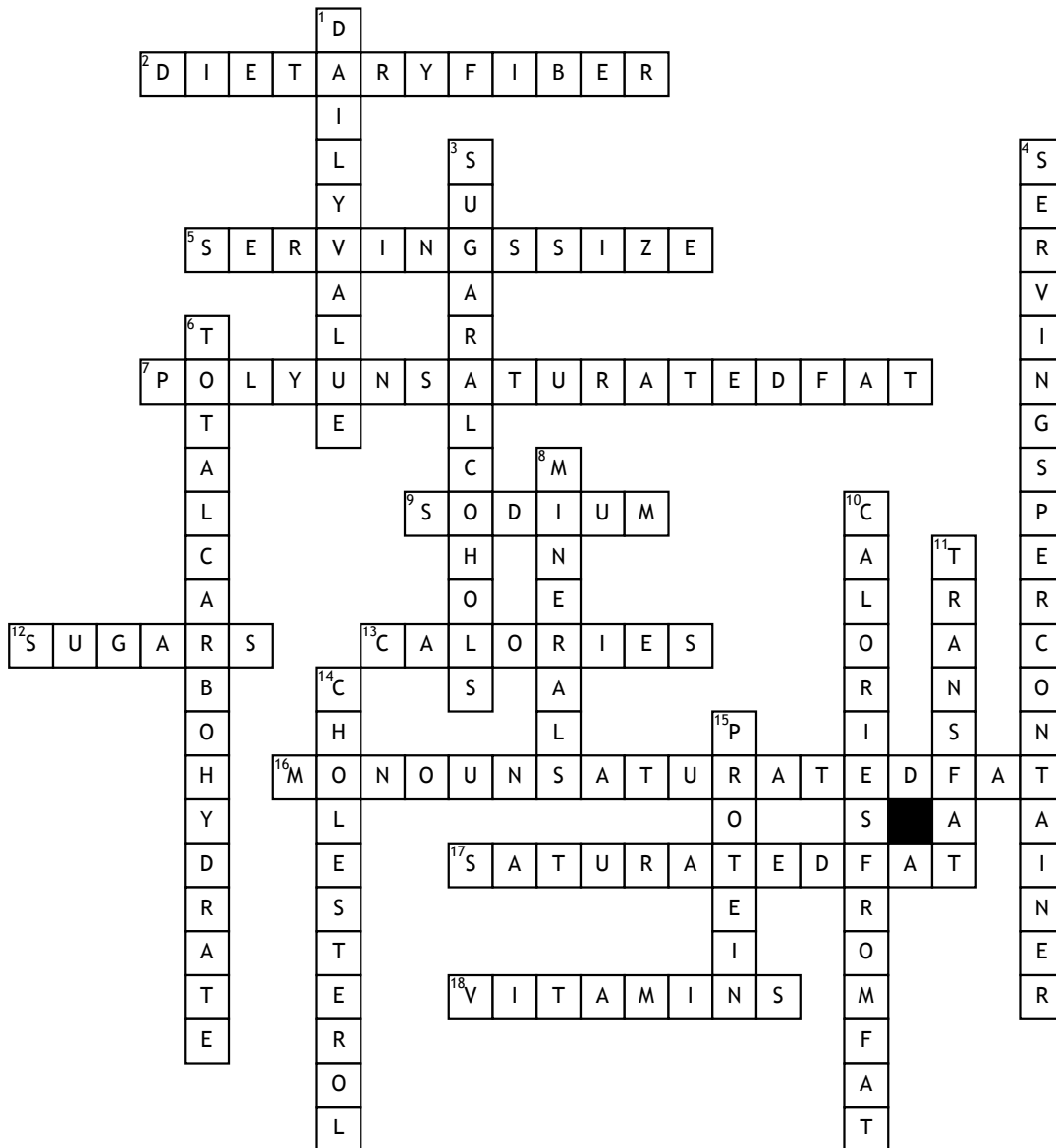


# Understanding the Nutrition Facts Label



## 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"