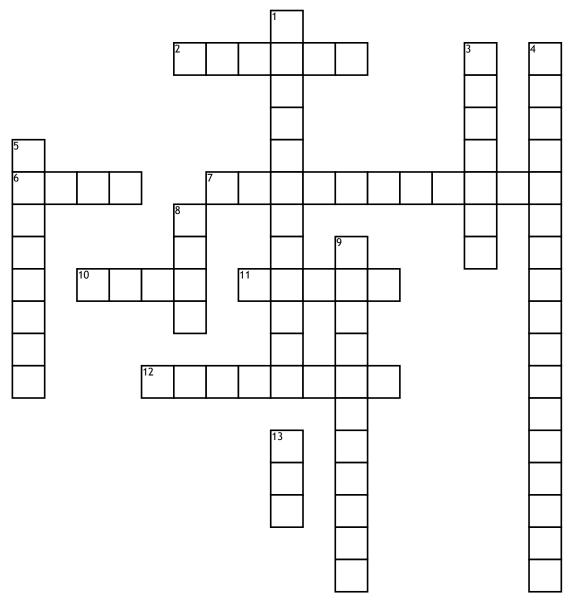
Nutrition Label Facts



Across

- **2.** This nutrient should be limited with how much you intake. It is commonly found in salt.
- **6.** This vitamin carries oxygen to the blood and is checked when you donate blood with a finger-prick.
- 7. First thing you should look at on a nutrition label.
- **10.** What is the total number of calories in the container? (calories x number of servings)

- **11.** On the example, what is the number of servings?
- **12.** The second item you should look at on a nutrition label.

<u>Down</u>

- 1. The nutrient you need that helps with digestion.
- **3.** The nutrient needed to increase bone strength and prevent the development of osteoporosis.
- 4. %DV

- **5.** This vitamin helps your immune system and is often found in orange juice
- **8.** The number of calories the average diet recommends consuming each day.
- **9.** This nutrient should be monitored as it can cause heart attacks.
- **13.** How many calories are in each serving on this nutrition label?