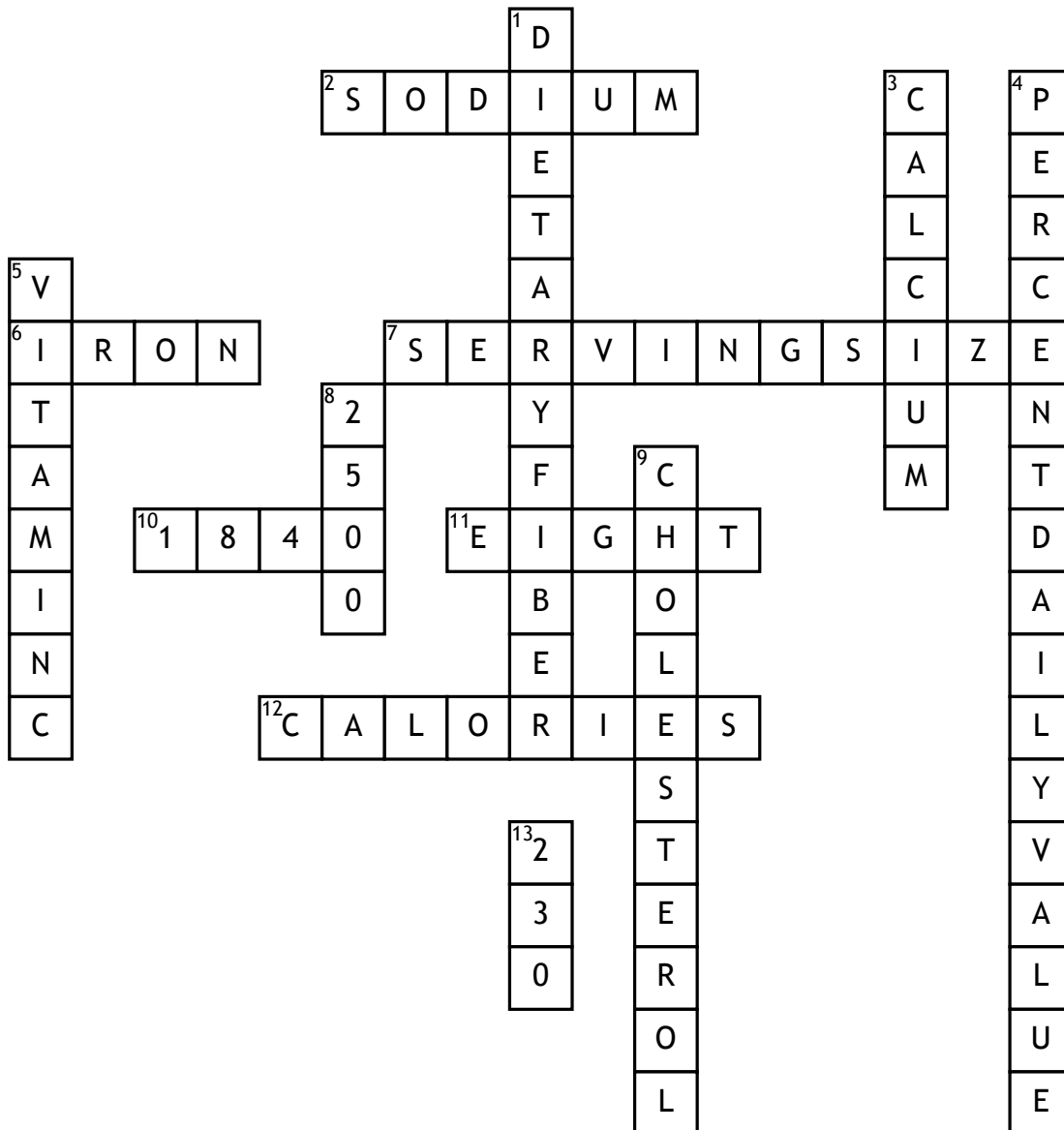


Name: _____

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.

Down

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?