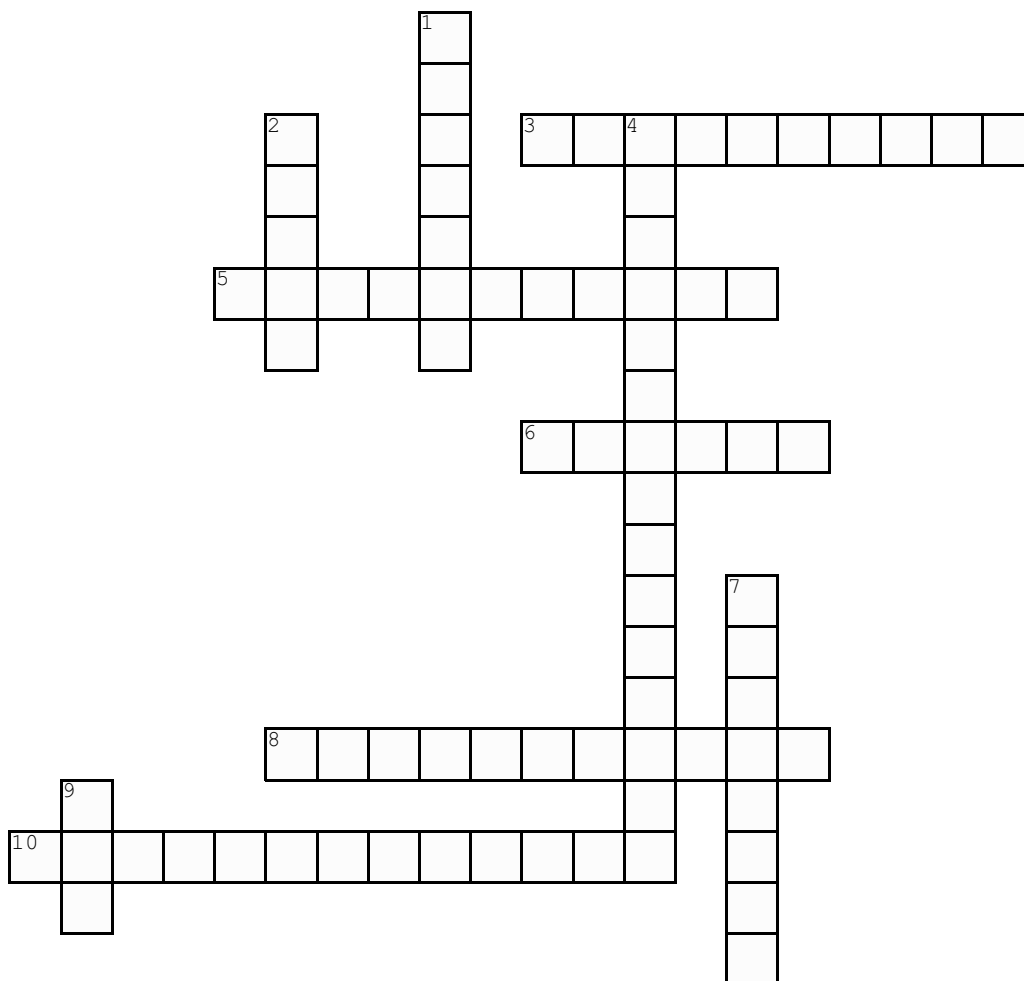


Name: _____

Nutrition Label Vocab

Complete the crossword below



Across

3. The food item is a good source of vitamin or mineral if the % _____ is 10% or more.
5. All of the values on a nutrition label are based on the _____.
6. Aim for less than 2,300mg of _____ a day
8. Aim for less than 300mg of _____ a day.
10. Aim for 300g Total _____ a day.

Down

1. Aim for 20g of _____ a meal, 50-60g total a day.
2. _____ helps digest food & helps you feel full longer.
4. The average person's _____ is 2,000 calories a day.
7. _____ are the energy that is supplied in food.
9. Aim for less that 65g of Total _____ a day.



Oklahoma Nutrition Information & Education Project

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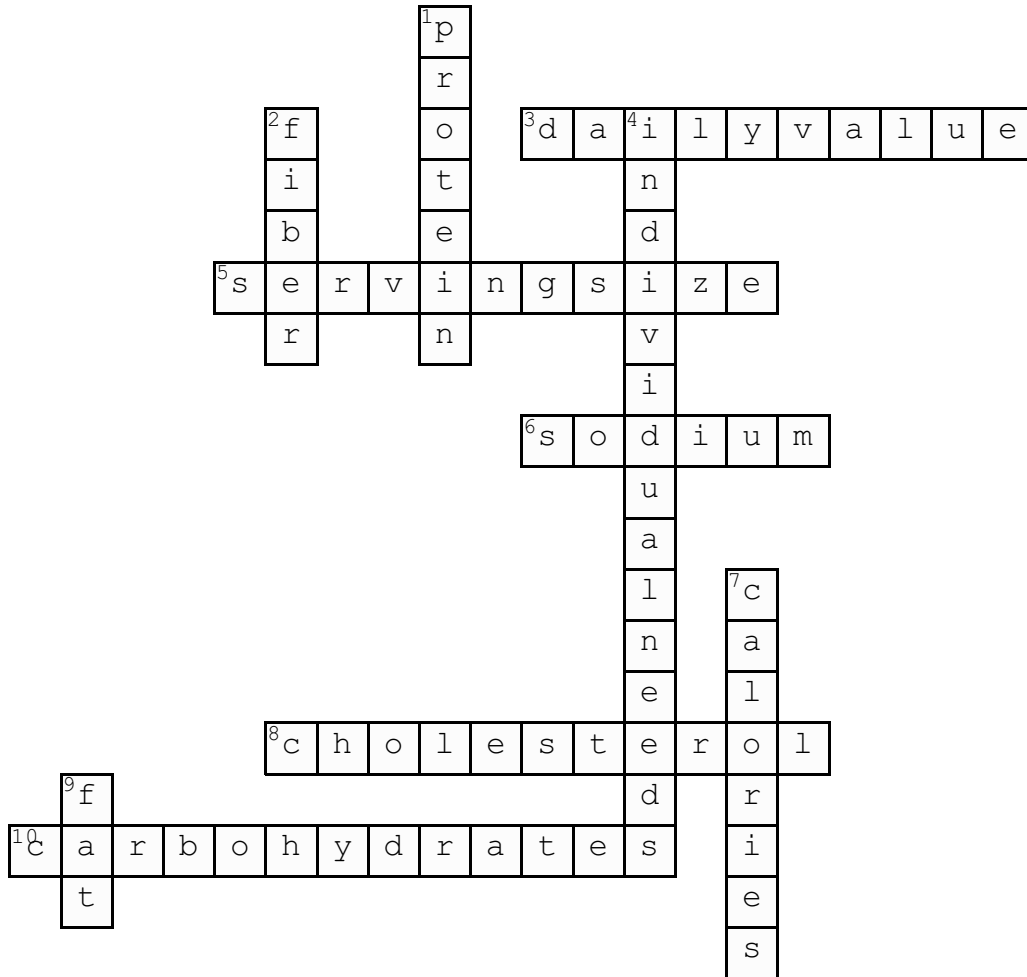
website: www.onieproject.org

This material was funded by USDA's Supplemental Nutrition Assistance Program [SNAP]. To find out more, call your local Department of Human Services (DHS) Office at 1.866.411.1877. This institution is an equal opportunity provider and employer.

Name: _____

Nutrition Label Vocab

Complete the crossword below



Across

- The food item is a good source of vitamin or mineral if the % _____ is 10% or more. (**daily value**)
- All of the values on a nutrition label are based on the _____. (**serving size**)
- Aim for less than 2,300mg of _____ a day (**sodium**)
- Aim for less than 300mg of _____ a day. (**cholesterol**)
- Aim for 300g Total _____ a day. (**carbohydrates**)

Down

- Aim for 20g of _____ a meal, 50-60g total a day. (**protein**)
- _____ helps digest food & helps you feel full longer. (**fiber**)
- The average person's _____ is 2,000 calories a day. (**individual needs**)
- _____ are the energy that is supplied in food. (**calories**)
- Aim for less than 65g of Total _____ a day. (**fat**)



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