Label Me Healthy!
Across
2 A ______ is the amount of food that you choose to eat for a meal or snack.
4 ______ can be listed on a food label as soluble or insoluble.
5 Your body uses ______ to make glucose which is the fuel that gives you energy and helps keep everything going.
8 It is recommended that 10–35% of your daily calories come from ______.
9 Complex and ______ are two main types of carbohydrates.
11 Make half your plate fruits and ______.
13 5% Daily Value (DV) or less per serving is ______.
14 The Nutrition Facts Label information is based on ONE ______, but many packages contain more.

Down
1 ______ is essential for our bodies because it is in every cell, tissue, and organ in your body.
2 ______ tells you how much of a nutrient is in one serving of food compared to the amount you need each day.
3 Limit foods with added ______, which add calories but not other nutrients, such as vitamins and minerals.
4 Keep total ______ intake between 20% to 35% of calories.
6 20% Daily Value (DV) or more per serving is ______.
7 The recommended daily limit for an average adult is 2,300 milligrams.
10 ______ fat doesn’t have a % DV, but consume as little as possible because it increases your risk of heart disease.
12 Add ______ to season food without adding salt.