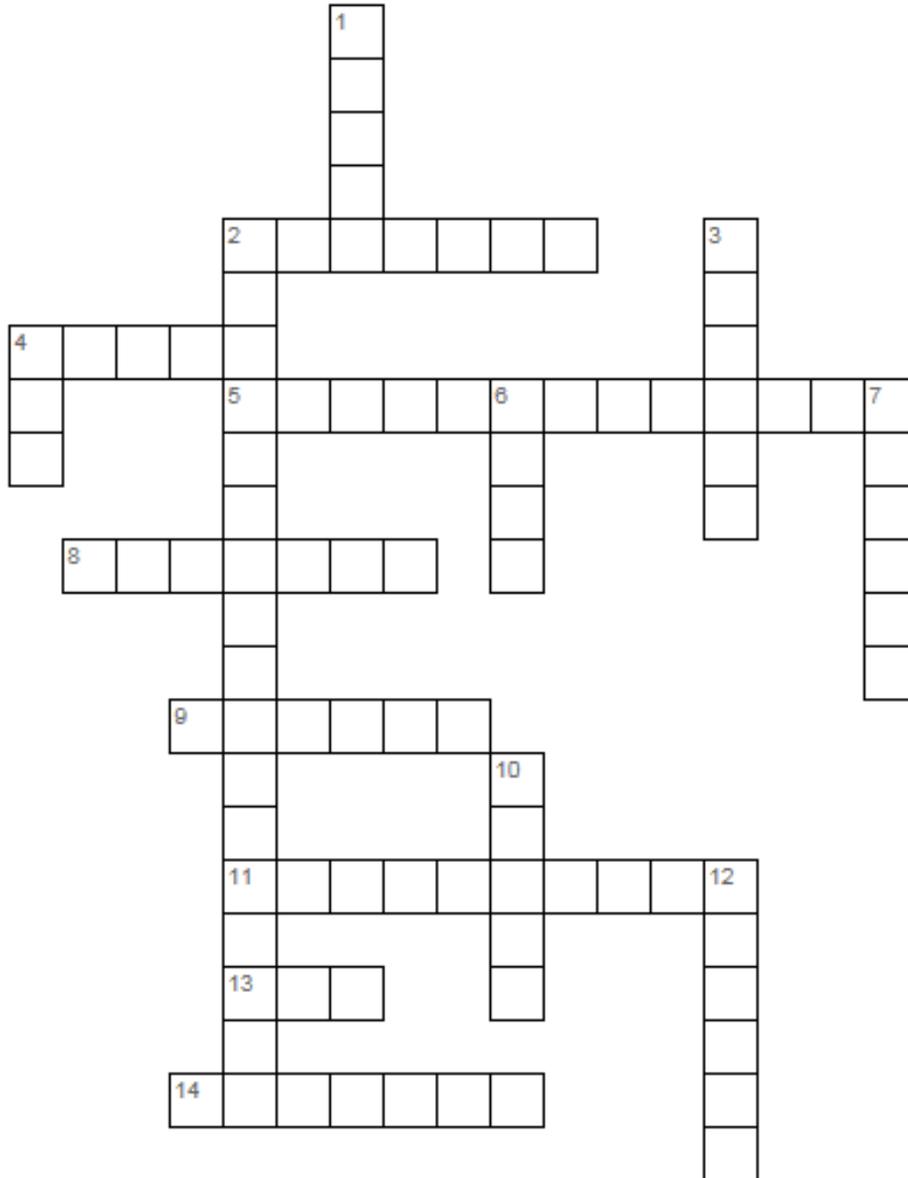




WORKING FOR A
HEALTHIER TN



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.