|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Food Labels

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| E | E | K | X | H | N | S | T | F | L | G | L | G | R | B | V | G |
| S | V | X | M | B | R | M | U | I | M | R | O | T | D | B | S | T |
| Y | I | Z | E | D | X | A | L | W | D | J | R | Y | A | X | L | M |
| S | H | Z | O | I | R | R | B | A | C | K | E | N | O | R | I | O |
| F | T | T | E | T | Y | G | I | Q | A | B | T | W | W | K | Q | K |
| P | U | C | L | C | K | L | I | B | L | S | S | U | M | C | F | M |
| I | S | E | Q | A | Y | R | W | Q | O | K | E | P | H | A | X | M |
| Q | L | M | N | V | E | M | T | D | R | D | L | R | Q | L | F | W |
| E | F | L | A | I | Z | H | E | Y | I | S | O | O | V | C | Z | L |
| H | H | L | E | N | M | T | W | T | E | O | H | T | J | I | X | R |
| B | U | Y | X | Z | A | R | J | Z | S | D | C | E | R | U | N | U |
| E | L | T | D | R | E | S | E | W | G | I | J | I | S | M | B | G |
| O | E | A | U | O | P | L | N | T | G | U | B | N | F | X | C | D |
| T | B | T | W | P | O | P | A | A | E | M | E | T | Z | L | O | U |
| S | A | V | G | P | J | F | F | P | R | D | P | C | I | U | F | O |
| S | L | H | G | P | E | R | C | E | N | T | A | G | E | P | U | F |
| S | Z | S | N | I | M | A | T | I | V | D | Y | T | L | L | V | O |

   grams       cup       determine       healthy       calories       size       serving       iron       calcium       trans       saturated       dailyvalue       percentage       vitamins       fat       cholesterol       sodium       protein       label       food