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Understanding the Nutrition Facts Label

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| **Across****2.** a type of carbohydrate found in plant food**5.** amount of food that is customarily eaten.**7.** found in higher portions in plant and seafood and are usaully liquid at room temperature**9.** a mineral and one of the chemicalelements found in salt**12.** smallest and simplest type of carbohydrate. Are easily digested and absorbed by the body**13.** "energy" supplied from all sources of food**16.** found in higher portions in plnts and seafood and are usually liquid at room temperature**17.** found in higher portions in animal products and is usually solid at room temperature**18.** organic substances made by plants and animals | **Down****1.** shows how much of a nutrient is in one serving of the food**3.** provide a sweet taste with fewer calories**4.** total number of servings**6.** found primarily in plant food; one of the three macronutrients in food that provide calories or "energy"**8.** inorganic substances that are not made by living things**10.** fat's contributuin to the total number of calories**11.** unsaturated fat and is not essential in the diet**14.** waxy, fat like substance produced primarily by the liver**15.** one of the three macronutrients in food that provides calories or "energy" |