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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_ | Period: \_\_\_\_\_\_\_ |

Understanding the Nutrition Facts Label

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|  |  |  |  |  |  | 7  P | O | L | Y | U | N | S | A | T | U | R | A | T | E | D | F | A | T |  |  | N |  |  |  |
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|  |  |  | 12  S | U | G | A | R | S |  |  | 13  C | A | L | O | R | I | E | S |  |  |  | O |  | A |  | C |  |  |  |
|  |  |  |  |  |  |  | B |  |  | 14  C |  |  | S |  | A |  |  |  |  |  |  | R |  | N |  | O |  |  |  |
|  |  |  |  |  |  |  | O |  |  | H |  |  |  |  | L |  |  |  | 15  P |  |  | I |  | S |  | N |  |  |  |
|  |  |  |  |  |  |  | H |  | 16  M | O | N | O | U | N | S | A | T | U | R | A | T | E | D | F | A | T |  |  |  |
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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" |