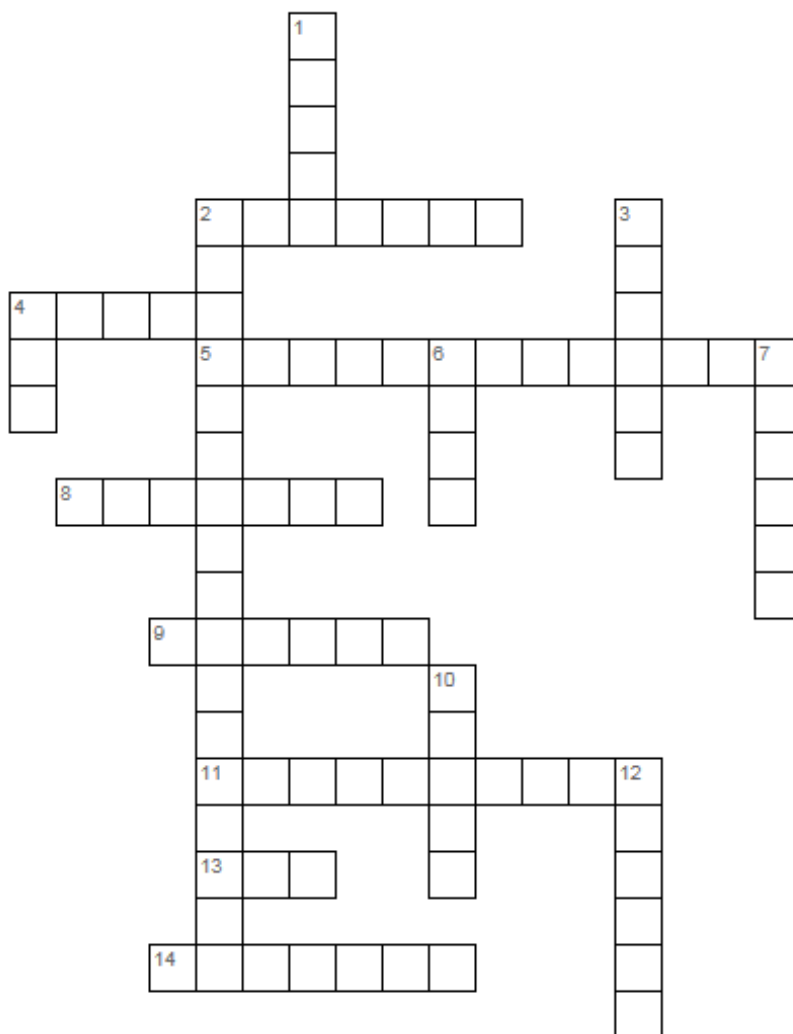


## Label Me Healthy Crossword Puzzle



### 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 keep everything going.
8. It is recommended that 10-35% of your daily calories come from \_\_\_\_.
9. Complex and \_\_\_\_ are the two main type 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.