

Nutrition Facts

Read the Label

Making Smart Choices!

Nutrition Label Word Search



Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	10%
Cholesterol 30mg	20%
Sodium 470mg	10%
Carbohydrate 31g	0%

All of the words hidden below can be found on food packages. Some are on the **Nutrition Facts Label**; others are on the ingredient list.

Find them here first ... then be sure to use them to compare foods when making nutritional choices!

- calcium
- calories
- carbohydrate
- cholesterol
- facts
- fiber
- ingredients
- label
- minerals
- nutrients
- percent dv
- potassium
- protein
- saturated fat
- serving size
- sodium
- sugar
- trans fat
- unsaturated
- vitamins

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

1

Check out the serving size.

One package may contain more than one serving!

2

Consider the calories.

400 or more calories per serving of a single food is high.

3

Choose nutrients wisely.

Pick foods that are lower in certain fats, cholesterol and sodium when making daily food choices.

The Nutrition Facts Label: No Searching Required!

It's easy to use the **Nutrition Facts Label** when choosing snacks. Here are some quick tips for smart choices!

