

## 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 |
|                                | <b>% Daily Value</b>  |
| <b>Total Fat</b> 12g           | <b>18%</b>            |
| Saturated Fat 3g               | <b>15%</b>            |
| Trans Fat 3g                   | <b>10%</b>            |
| <b>Cholesterol</b> 30mg        | <b>20%</b>            |
| <b>Sodium</b> 470mg            | <b>10%</b>            |
| <b>Carbohydrate</b> 31g        | <b>0%</b>             |

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!

