

ACTIVITY SHEET 5

Label Lingo

Clues

Across

- 2 The Daily Value for cholesterol is the _____ for all calorie levels.
- 3 _____ Daily Values tell you how a certain food fits into a 2,000 calorie diet.
- 6 Strict _____ tell food companies what is allowed on the nutrition label.
- 8 _____ foods can be part of a healthful diet.
- 9 Similar foods have similar _____ sizes.
- 11 Only seven types of _____ claims are allowed on nutrition labels.
- 12 The Daily Value for carbohydrate is the recommended _____.
- 13 Food additives must pass food _____ tests.

Down

- 1 Daily _____ are set by the government and are based on nutrition recommendations.
- 4 The Daily Value for fat is based on the number of daily _____.
- 5 _____ meats are an excellent source of protein and can be low in fat.
- 7 The Daily Values for fat and cholesterol are the recommended _____.
- 10 "Light" and "fat free" are examples of _____ content claims.

Word List

all
calories
deli
health
laws
maximum
minimum
nutrient
percent
safety
same
serving
values

