



Name _____

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

