# Smart Choices! Nutrition Label Word Search 

All the words hidden below can be found on the
Nutrition Facts label.
Find them here first ... then use them when comparing and choosing snacks!added sugarscalciumcaloriescholesteroldietary fiberironnutrition factspercent daily valuepotassiumproteinsaturated fatserving sizeservings per containersodiumtotal carbohydratetotal fattotal sugarstrans fatvitamin D

## No Searching

 Required!It's easy to use the
Nutrition Facts label. Here are some quick tips for smart choices!

> Nutrition Facts
> Read the Labe

| K | T | U | Z | L | K | T | H | N | P | M | G | E | C | 1 | E | H | 0 | M | 1 | A | D | U | F |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Z | X | 1 | D | J | H | Q | R | K | T | P | C | Q | C | Y | M | T | T | 1 | J | H | B | R | K |
| Y | M | C | C | S | F | R | D | C | Z | C | B | U | G | L | T | 0 | M | W | W | A | P | S | U |
| E | U | N | A | F | E | U | C | 1 | Q | F | E | S | R | G | $J$ | T | U | B | P | W | E | 0 | C |
| E | U | C | L | L | C | R | M | H | 1 | F | B | P | V | L | T | A | 0 | 0 | Q | F | R | D | C |
| L | H | T | O | N | C | 0 | V | S | 0 | D | K | B | B | C | C | L | X | U | K | K | C | 1 | L |
| $\bigcirc$ | A | $\bigcirc$ | R | U | G | 1 | V | 1 | L | L | $J$ | Y | U | E | L | S | N | M | B | M | E | U | Q |
| A | X | W | 1 | T | U | P | U | L | N | Q | E | L | $P$ | J | X | U | Q | K | X | B | N | M | E |
| C | X | E | E | R | 0 | 0 | Q | M | E | G | 1 | S | U | C | B | G | A | D | Q | G | T | 0 | N |
| 1 | 1 | D | S | 1 | F | T | Z | 1 | T | P | S | Z | T | L | R | A | Q | A | V | P | D | Y | C |
| Q | D | X | E | T | V | A | A | T | R | V | R | P | E | E | $P$ | R | Q | Y | Q | B | A | Y | F |
| 1 | C | U | S | 1 | T | S | V | L | X | 0 | B | 0 | E | Q | R | S | R | 0 | G | K | 1 | R | K |
| A | 1 | X | E | O | U | S | A | G | C | 0 | N | J | T | R | $P$ | 0 | Y | W | V | Q | L | N | G |
| R | C | E | R | N | 1 | 1 | D | D | R | A | B | N | U | E | C | $J$ | L | K | R | U | Y | D | U |
| R | K | A | V | F | Y | U | S | A | D | C | R | F | 0 | D | 1 | 0 | Z | H | U | Y | $V$ | D | P |
| Q | X | L | 1 | A | M | M | U | $Y$ | L | E | V | B | N | R | 1 | N | N | $J$ | U | Y | A | A | $F$ |
| X | R | K | N | C | Y | F | G | X | G | D | D | 1 | 0 | N | V | T | F | T | A | Q | L | Z | 1 |
| Z | M | A | G | T | Y | D | K | T | P | H | M | S | N | H | A | $J$ | 0 | U | A | M | U | F | D |
| H | W | T | S | S | Q | Q | F | N | Z | A | Y | 1 | U | F | $Y$ | N | C | T | N | 1 | E | M | $N$ |
| N | V | G | 1 | F | P | A | B | V | T | N | X | E | S | G | D | D | U | S | A | N | N | V | W |
| Y | N | B | Z | J | L | F | G | 1 | J | A | L | N | C | U | A | X | R | T | N | L | F | E | S |
| Z | P | $J$ | E | Q | L | 1 | V | V | C | V | A | Q | M | N | 0 | R | Q | A | 0 | A | F | N | R |
| F | 0 | $J$ | S | K | 0 | 0 | 0 | K | D | R | Q | H | E | F | X | 1 | S | 1 | T | $J$ | H | A | G |
| L | B | A | $Y$ | B | C | 1 | S | A | T | U | R | A | T | E | D | F | A | T | R | E | Q | Z | T |
| P | S | B | G | V | E | K | J | L | D | 1 | E | T | A | R | Y | F | I | B | E | R | R | U |  |

Pay attention to the serving size and the number of servings you eat or drink to discover the total number of calories and nutrients you are consuming.

##  <br> Consider the Calories

When comparing foods, follow this guide: 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.

Use \% Daily Value (\%DV) to see if a serving of the food is high or low in an individual nutrient. When comparing foods, follow this guide: 5\% DV or less
of a nutrient per serving is considered foods, follow this guide: 5\% DV or less
of a nutrient per serving is considered low and $20 \%$ DV or more of a nutrient per serving is considered high.


