Make 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 sugars
- calcium
- calories
- cholesterol
- dietary fiber
- iron
- nutrition facts
- percent daily value
- potassium
- protein
- saturated fat
- serving size
- servings per container
- sodium
- total carbohydrate
- total fat
- total sugars
- trans fat
- vitamin D

No Searching Required!

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

1. Size up Servings
   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.

2. 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.

3. Choose Nutrients Wisely
   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 low and 20% DV or more of a nutrient per serving is considered high.