

Name: \_\_\_\_\_



## Words For Reading Nutrition Labels

J M R G N L R F A A I S A T U R A T E D  
C X A R T X Q A B M I N E R A L S A O N  
A N U C H P J T L L G L Y C O G E N X U  
R T Q E R Y S S X I J U G L U C O S E T  
B S G Q H O D H H P P F R U C T O S E R  
O U P P Q I N R U D M I A W A K J L O I  
H C G R A U V U O N C J D V C L S N S E  
Y R Z K O X A J T G S W E S C A O W W N  
D O S G I T W Q Z R E A S W Z R L Y A T  
R S T Z H W E A Y T I N T X N X U J Q S  
A E A X X V E I T J X E A U W B B M B E  
T A R I D T X Q N E R A N T R S L D N N  
E C C C Q O V F J S R J S T E A E N X E  
S Z H U C A L O R I E Q W W S D T D B R  
M L H V I T A M I N S D N L W D O E P G  
R M I C R O N U T R I E N T S L G I D Y  
Y J U G L J B A M I N O A C I D S F L D  
V N W V S G K J Y U G L A C T O S E U S  
L L T I G W U E K D Q P P N C S W I M K  
W K A D I K Y T P N R I T T F I B E R Y

hydrogenated oils	macronutrients	micronutrients	carbohydrates
unsaturated	amino acids	nutrients	fructose
saturated	proteins	glycogen	vitamins
soluble	calorie	minerals	lactose
lipids	starch	water	glucose
fiber	sucrose	energy	fats