

Employee Wellness Solutions Network

Nutrition Knowledge Crossword



Down

1. Too much of this can aggravate high blood pressure.
2. The _____ Facts Label is on all packaged food.
4. How much energy we get from food is measured by these units.
6. DV stands for _____ Value.
7. Calcium is not a vitamin. It's a _____.
9. Eating foods low in refined sugars and high in vitamins and minerals is a _____ choice.
11. This tells the amount of food typically eaten at one time.

Across

3. _____ builds strong bones and teeth.
5. With the skin on, a potato is packed with _____ that aids digestion.
8. This mineral, found in potatoes, can help maintain a normal blood pressure.
10. One 5.3 oz. potato equals 148 _____ of this metric measure.
12. Health experts recommend we get less than 30% of our calories from these per day.

