



## “A Heart Smart Shopping Cart” Wordfind

The first step to heart-healthy eating is to know what is in the foods we buy. Here are 20 things to notice when you’re looking at food packaging labels!



- MILLIGRAMS
- MINERALS
- NUTRIENTS
- POLYUNSATURATED
- PROTEIN
- REDUCED SODIUM
- RIBOFLAVIN
- SATURATED FAT
- SERVING SIZE
- THIAMINE
- TOTAL FAT
- TRANS FAT
- VITAMINS
- WHOLE GRAINS

- CALCIUM
- CALORIES
- CARBOHYDRATES

- CHOLESTEROL
- DIETARY FIBER
- EXTRA LEAN

