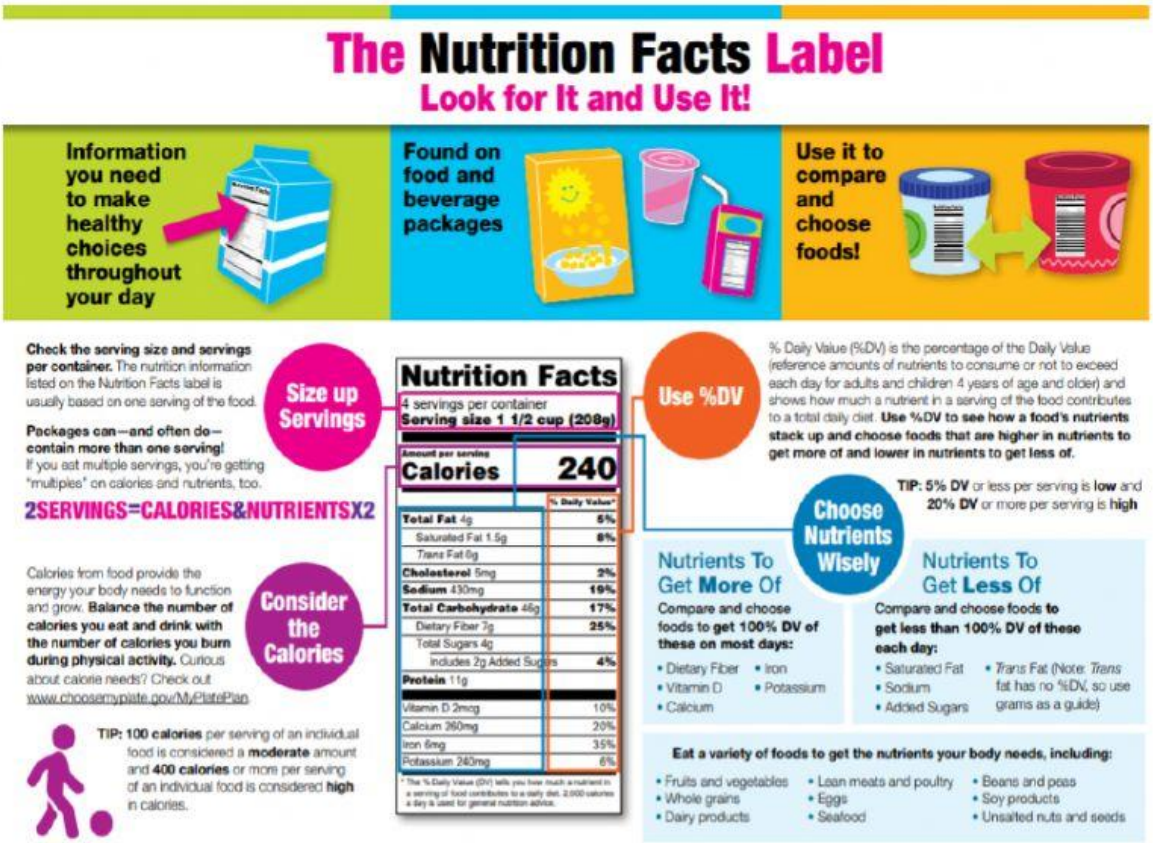
Read the article about 'Nutrition Facts' and answer the questions below.



Answer these questions. Your answer should not be more than 5 words.

1. We read food labels to know the expiry date and also the _____.
2. Nutrition facts will help us to _____ about the food that we buy.
3. You should look at the _____ and the daily value when choosing a food product.
4. If you are concern about your weight, you should look at the amount of _____ for one serving of food.
5. If you are on diet, you will still need to eat because calories provide _____ for your body to function.
6. If you have problems with your heart, you should pay attention to the daily value for fat and _____.
7. If you have diabetes, you should pay attention to the daily value for _____ .
8. Food that is high in _____, sodium and added sugars is considered unhealthy.

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