



Quiz Answer Key

1. True or false: If something is listed as one of the first three ingredients on a Nutrition Facts food label, it means the food probably contains a lot of it.
2. On a food label, most nutrients are written in grams (g) or milligrams (mg). There are 1,000 milligrams in 1 gram.
3. True or false: Because food labels are written according to the calorie needs of adults, they are not useful to kids.
4. Sugar is a kind of:
 - a. protein
 - b. fat
 - c. carbohydrate
 - d. cholesterol
5. There are three kinds of fats typically listed on a food label: saturated, unsaturated, and trans fat.