



Quiz Answer Key

1. On a Nutrition Facts food label, sugar is listed separately under:
 - a. dietary fiber
 - b. total carbohydrates
 - c. protein
 - d. cholesterol
2. If you see the words “partially hydrogenated” in the ingredient list, you know that food contains trans fat.
3. True or false: If a food contains 1 gram of dietary fiber, that food is a good source of fiber.
4. You have a 64-ounce bottle of your favorite soft drink. The food label says the serving size is 12 ounces and there are 35 grams of sugar per serving. You drank 2 servings. How many grams of sugar did you consume?
 - a. 24
 - b. 47
 - c. 70
 - d. 99
 - e. 128
5. About 30 % of all the calories you eat in a day should come from fat.