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 _______.