Quiz

Instructions: Answer each question.

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 ____________________.

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 _____% of all the calories you eat in a day should come from fat.