Today, we’re going to test our general knowledge of some basic nutrition information. How many questions can you answer correctly?

1. Is regular table sugar less healthy than honey and brown sugar?

2. Fiber is an important part of a healthy diet. Which of the following options does not contain fiber?
   a. apple
   b. baked beans
   c. broccoli
   d. steak
   e. oatmeal

3. How many grams of fiber should we eat each day?
   a. 40 to 50
   b. 20 to 35
   c. 10 to 15
   d. 5

4. True or false? Fiber is found only in plant foods.

5. There are many various types of pasta. Which one offers the highest level of fiber?
   a. al dente pasta
   b. fresh pasta
   c. spinach pasta
   d. whole-wheat pasta

6. Which of the following foods provides calcium?
   a. almonds
   b. collard greens
   c. figs
   d. soybeans

7. Can we consider “multi-grain” foods to be “whole-grain” as well?

8. Fish is a healthy food choice, and a good source of which of the following?
   a. beta carotene
   b. omega-3 fats
   c. protein
   d. vitamin C

9. The antioxidant lycopene is not found in which of these foods?
   a. carrots
   b. ketchup
   c. tomato sauce
   d. watermelon

10. Which of these choices provides us with vitamin D?
    a. chicken
    b. eggs
    c. fatty fish
    d. milk
    e. mushrooms

11. Potassium helps to regulate blood pressure. It is found in all of the following foods – but which one has the most potassium per serving?
    a. one medium-sized banana
    b. one cup of broccoli
    c. three ounces of halibut
    d. one cup of orange juice
    e. one cup of yogurt

12. Speaking of blood pressure, which of the following practices helps to lower it?
    a. use less salt
    b. take a potassium supplement
    c. eat low-fat/nonfat dairy foods
    d. eat more fruits and vegetables
13. True or false? One cup of broccoli contains more potassium than one medium banana.

14. All of the following foods have some level of sodium. Which one has the least amount?
   a. Burger King’s large chocolate shake
   b. Burger King’s Veggie Burger
   c. Dunkin’ Donuts’ corn muffin
   d. McDonald’s large French fries

15. If a food label lists trans fats as “0,” what does it actually mean?
   a. it contains no saturated fat
   b. it is healthy for you
   c. it contains no partially hydrogenated oil
   d. it has fewer than 0.5 grams of trans fat per serving
   e. the food contains absolutely no trans fats

16. Which fat has fewer calories: butter or olive oil?

17. Nuts provide high levels of:
   a. calories
   b. cholesterol
   c. fat
   d. calories, cholesterol and fat

18. True or false? Only animal foods contain cholesterol.

Answers
1. No
2. d. Steak
3. b. 20 to 35
4. True
5. d. whole-wheat pasta
6. a. almonds and b. collard greens and c. figs and d. soybeans
7. No
8. b. omega-3 fats and c. protein
9. a. carrots
10. b. eggs and c. fatty fish and d. milk and e. mushrooms
11. e. one cup of yogurt
12. a. use less salt and c. eat low-fat/non-fat dairy foods and d. eat more fruits and vegetables
13. True
14. d. McDonald’s large French fries
15. d. it has fewer than 0.5 grams of trans fat per serving
16. butter (Note: butter fat is highly saturated and the least healthy of the two choices.)
17. a. calories and c. fat (Note: while nuts are high in calories and fat, most of it is healthy, monounsaturated fat.)
18. True