

## Nutrition Knowledge Quiz and Answers



This quick test will help you gauge your nutrition knowledge and will provide tips on putting healthy choices into practice.

1. You are trying to lose weight, so the first thing you do is cut out pasta, bread and potatoes because carbohydrates make you fat. True or false?

**False.** Carbohydrates, or more to the point, starchy carbs like those listed above, do not make you fat...excess calories makes you fat. Pay attention to what and how much you are eating throughout the day. If you are eating a lot of starchy carbs, fried or high fat foods, or sugary drinks, these would all be good places to cut back because they are easy to overeat and/or contain a lot of calories.

2. If you were stranded on a desert island and could have only one food available, which choice would supply the most variety of nutrients?

- A. Milk
- B. Bananas
- C. Yams
- D. Coconuts

**A. Milk.** In addition to being a fluid for hydration (water is a nutrient), it has the widest array of nutrients, including all three “macronutrients”, carbohydrate, protein, and fat, which are needed for energy and repair/maintenance, as well as the “micronutrients” Vitamin A, E, D, and K, calcium, potassium, phosphorus, iodine, and several trace minerals. A close second is the coconut. Bananas and yams have some good nutrients in them, but are lacking protein and fat and are more limited in vitamin and mineral content.

3. Margarine contains fewer calories and less fat than butter. True or false?

**False.** All variations of margarine and butter have the same calories and fat (1 tsp=34 calories entirely of 3.8 fat grams). Reduced fat varieties and products made with yogurt will have less fat and calories.

4. This is your big workday. You have plans to meet your friend for lunch, but she just called and postponed it for an hour. You're starving, and the only sources of food in the building are from the vending machines. Which is lowest in fat?

- A. Corn chips
- B. Yogurt-covered raisins
- C. A bag of pretzels
- D. A bag of trail mix

**C. Pretzels.** With only 1 gram of fat for one ounce, pretzels are the lowest in fat. An ounce of corn chips has 9.5 grams, one ounce of trail mix has 8.3 grams, and an ounce of yogurt-covered raisins has 3.3 grams of fat.

5. Thirst is a good indicator of hydration. True or False?

**False.** By the time you are thirsty, studies indicate you are already somewhat dehydrated.

6. Your boyfriend has surprised you with a romantic dinner at your favorite Italian restaurant to celebrate the day you met. However, you both have been making a conscious effort to cut down on fats and cholesterol. Faced with the following four menu selections, which meal is probably your best choice?

- A. Antipasto
- B. Veal Parmigiana
- C. Fettucine Alfredo
- D. Pasta Primavera

**D. Pasta Primavera.** While recipes will vary for all of these choices, a basic Pasta Primavera is the winner with only 3 grams of fat and no cholesterol. It is also the lowest in calories at about 100 for 1 cup. The Fat, cholesterol, and calories for 1 cup of basic recipes for the other choices are: Antipasto 42 g fat, 40 g chol, 440 calories; Veal Parmigiana 21 g fat, 145 g chol, 358 calories; Fettucine Alfredo 55 g fat, 90 g chol, 920 calories.

7. You can gain a pound of body fat by consuming 3,500 calories more than your body needs. How many medium-sized potato chips would you have to eat to add up to 3,500 calories?

- A. 15
- B. 55
- C. 320
- D. 400

**C. 320 or D. 400.** Each standard (non-baked) potato chip ranges between 8 and 11 calories. Doing the math, the amount to add up to 3500 calories is 320 to 400 or so.

8. If you only have time to stop at the local convenience store to purchase a fiber-filled food, which would you *not* pick?

- A. An apple
- B. A can of green beans
- C. A stick of beef jerky
- D. A plain, whole grain bagel

**C. A stick of beef jerky.** If you're looking for fiber, meat products are not the place to find it. One large stick of beef jerky has less than 1 gram of fiber. An apple has about 5 grams, and both the can of green beans and the whole grain bagel have 6 grams of fiber. Not that I've ever known anyone to go to a convenience store looking for foods with fiber, but....