



# nutrinews

written by Gale Welter, MS, RD, CSCS  
Nutrition Counselor, Campus Health Service



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

**Got a question? email: wildcatnutrition@yahoo.com**

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?
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
3. Margarine contains fewer calories and less fat than butter. True or false?
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
5. Thirst is a good indicator of hydration. True or False?
  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
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

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
- ANSWERS:** (1) False (2) A. Milk (3) False (4) C. Bag of pretzels (5) False (6) D. Pasta Primavera (7) C. 320 (8) C. Stick of beef jerky
- For explanations of these answers, go to [www.health.arizona.edu](http://www.health.arizona.edu), click on "On-line Library", then go to "Nutrition", then to "General Nutrition" and click on "Nutrition Knowledge Quiz" - Answers"