

## What Do YOU Know about Nutrition?

**Take this fun quiz and find out!**

- #1** Which of these foods provides the most calcium per serving?
- a. 1 chocolate-glazed donut
  - b. 1 cup steamed broccoli
  - c. 1/2 cup ice cream
  - d. An 8 oz. container of yogurt
- #2** To cut down on the amount of fat in your cooking, which of the following cooking tips does NOT help?
- a. Coat your skillet with cooking spray instead of butter
  - b. Cook chicken with honey mustard or salsa
  - c. Replace a tablespoon of butter with olive oil
  - d. Use skim milk in recipes instead of whole milk or cream
- #3** According to the Food Guide Pyramid, how many strands of spaghetti are in a serving?
- |       |       |
|-------|-------|
| a. 32 | c. 83 |
| b. 56 | d. 10 |
- #4** According to the Food Guide Pyramid, one grapefruit is a serving of fruit.
- a. True
  - b. False
- #5** Which of the following constitutes the most nutritious low-fat snack food?
- a. Jelly Beans
  - b. Licorice
  - c. Air-popped Popcorn



**Hey, no peeking!  
These are the Answers...**

- #1 d. An 8 oz. container of yogurt. Beans, dark green, leafy vegetables and tofu made with calcium are good non-dairy sources. Calcium-fortified juices and cereals are also good options.
- #2 c. Replacing a tablespoon of butter with olive oil doesn't help. However, a nonstick skillet or cooking spray will decrease fat. Cooking with low-fat or fat-free cheese, cream cheese, milk and sour cream as replacements for their full-fat alternatives also helps. To savor the flavor without the fat, cook chicken, fish and meats with honey mustard, teriyaki sauce, fat-free dressing or salsa.
- #3 a. 32 strands of spaghetti equal 1 cup cooked, which is one serving according to the Food Guide Pyramid. Remember that a cup is about the size of a fist.
- #4 b. False. A half of grapefruit is considered one fruit serving.
- #5 c. Of the three, only popcorn offers fiber.

---

Congratulations! You've finished the quiz.

5 correct answers. Great job! Your versatile knowledge of nutrition probably means you have some healthful eating habits.

4 correct answers. On your way! You clearly are interested in nutrition and eating well.

Less than 3 correct answers. Need help! Aspiring "foodie," you may want to read up.