Nutrition label pre/post test

Answers are in **BOLD** (1=a, 2=b, 3=c, 4=d, 5=c, 6=c, 7=a, 8=c, 9=a, 10=b, 11=a, 12=c, 13=c)

1. Ingredients are listed in:
**a**. **descending order by weight (heaviest first)**
b. ascending order by volume (least amount first)
c. alphabetical order
d. I don’t know
2. The amount of nutrients such as carbohydrate, protein, fat and cholesterol listed is:
a. exactly correct
**b**. **rounded to the nearest whole number**
c. an approximate amount as it can vary from package to package
d. I don’t know
3. Potential food allergens like wheat, soy, peanuts and milk are:
a. listed on the front of the package
b. not listed; call the company to find out if any potential allergens are in the food
**c. listed in the ingredients**
d. I don’t know
4. What is the first item to notice on a food label?
a. calories
b. fat
c. carbohydrate
**d**. **serving size**
e. I don’t know
5. Which nutrients should we limit and eat less to promote good health?
a. protein, sugars and total fat
b. sugars, fiber and total fat
**c**. **total fat, cholesterol and sodium**
d. I don’t know
6. Which vitamins and minerals must be listed on food labels?
a. vitamin D, vitamin C, iron and magnesium
b. vitamin C, calcium, iron and potassium
**c**. **vitamin C, vitamin A, calcium and iron**
d. I don’t know
7. The percent daily value (%DV) is based on consuming:
**a.** **2000 calories**
b. 1200 calories
c. 2500 calories
d. I don’t know
8. Which nutrients on the label do NOT have a %DV?
a. sodium, cholesterol and protein
b. total fat, trans fat, saturated fat
**c. trans fat, protein, sugars**
d. I don’t know
9. A food is considered high in a specific nutrient if it contains:
**a.** **>20% DV**
b. >10% DV
c. >30% DV
d. I don’t know
10. Which nutrients should we eat more to promote overall good health?
a. fiber, cholesterol, carbohydrate and protein
**b.** **Vitamin A and C, fiber, calcium and iron**
c. Vitamin A, calcium, carbohydrate and protein
d. I don’t know
11. The total grams of sugar listed on the label includes:
**a**. **naturally occurring and added sugars**
b. only added sugars
c. added sugar and sugar substitutes
d. I don’t know
12. A package of nuts contains 3 servings, and each serving contains 150 calories. If you eat the entire package, how many calories did you consume?
a. 150
b. 300
**c.** **450**
d. I don’t know
13. The ingredients list contains partially hydrogenated soybean oil, yet the label states “0 grams fat”. That’s because:
a. There is a mistake on the label
b. partially hydrogenating the oil removes all the fat
**c.** **The serving contains <.5g fat and is rounded to the nearest whole number, which is zero**
d. I don’t know

Source: How to understand and use the nutrition facts label. <http://www.fda.gov/food/ingredientspackaginglabeling/labelingnutrition/ucm274593.htm>