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>