

Food Label Quiz

Please circle the correct or best response.

1. A low-fat serving of food has
 - a. 10 grams of fat or less.
 - b. 5 grams of fat or less.
 - c. 3 grams of fat or less.
 - d. no saturated fat.
2. The Nutrition Facts given on a food label are based on the serving size.
 - a. True
 - b. False
3. Fat has more calories per gram than either carbohydrates or protein. (Hint: Check out the bottom of the Nutrition Facts Label.)
 - a. True
 - b. False
4. The percent Daily Value (%DV) is based on a 2,000-calorie diet.
 - a. True
 - b. False
5. The Nutrition Facts Label states whether a food is a healthy choice or not.
 - a. True
 - b. False



Answer Sheet

1. c. 3 grams of fat or less

Knowing this can help you to make heart healthy choices and reduce fat in your diet.

2. a. True

We are used to saying “portion” or “helping” when we talk about how much we eat. “Serving size” is a more official or standard amount used for food labels. The nutrition facts given on a food label are based on the serving size.

3. a. True

Fat has 9 calories per gram, whereas carbohydrates and protein have 4 calories per gram each. As you eat more fat, calories can add up quickly.

4. a. True

Keep in mind that the percent Daily Values (%DV) are based on a 2,000-calorie diet. You may need fewer calories per day or more calories per day.

5. b. False

The Nutrition Facts Label does not clearly say that a food is a healthy choice. It is not that easy or simple. Everyone must read the label to decide if a food meets his or her own individual needs for a healthy diet. It is a tool or guide for nutrition information.

