

How Supermarket Savvy Are You?



- 1. All nutrient numbers on food labels are based on what amount of food?**
a. 1 cup b. The entire package c. The serving size d. None of the above
- 2. What % Daily Values mean low and high on the food label?**
a. 5 and 20 b. 10 and 20 c. 5 and 25 d. 10 and 25
- 3. Which nutrient should be limited to aid in healthy blood pressure levels?**
a. Fiber b. Sodium c. Protein d. Potassium
- 4. Which type of fat should be limited?**
a. Unsaturated b. Saturated c. Trans d. None of the above
- 5. On the recently updated food label, which nutrient is being added?**
a. Calories from fat b. Added sugars c. Soluble fiber d. Insoluble fiber

Ask Your Health Coach To Score Your Quiz