

## Healthy Eating Quiz 8

### Brand A

Nutrition Facts	
Serving size: 2 Tbsp (32g)	
Servings: About 24	
Amount per serving	
Calories 190	Fat Cal 140
% DV*	
Total Fat 17g	26%
Sat. Fat 3.5g	18%
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carb. 7g	2%
Fiber 2g	8%
Sugars 3g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 5%	Iron 2%
Niacin 20%	Vitamin E 10%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

### Brand B

Nutrition Facts	
Serving size: 2 Tbsp (36g)	
Servings Per Container 14	
Amount per serving	
Calories 190	Fat Cal 100
% DV*	
Total Fat 12g	19%
Sat. Fat 2.5g	12%
Trans Fat 0gm	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carb. 15g	5%
Fiber 2g	8%
Sugars 5g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

1. John's doctor told him to eat less salt. Which peanut butter is better for him to eat?

- A. Brand A
- B. Brand B

### Brand A

Nutrition Facts	
Serving size: 2 Tbsp (32g)	
Servings: About 24	
Amount per serving	
Calories 190	Fat Cal 140
% DV*	
Total Fat 17g	26%
Sat. Fat 3.5g	18%
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carb. 7g	2%
Fiber 2g	8%
Sugars 3g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 5%	Iron 2%
Niacin 20%	Vitamin E 10%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

### Brand B

Nutrition Facts	
Serving size: 2 Tbsp (36g)	
Servings Per Container 14	
Amount per serving	
Calories 190	Fat Cal 100
% DV*	
Total Fat 12g	19%
Sat. Fat 2.5g	12%
Trans Fat 0gm	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carb. 15g	5%
Fiber 2g	8%
Sugars 5g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

2. Ivan's trying to lose weight by eating less carbohydrates. Which brand of peanut butter should he buy?

- A. Brand A
- B. Brand B

### Brand A

Nutrition Facts	
Serving size: 1 container (170g)	
Servings: 1	
Amount per serving	
Calories 100	Fat Cal 0
% DV*	
Total Fat 0g	0%
Sat. Fat 0g	0%
Trans Fat 0gm	
Cholesterol 5mg	1%
Sodium 90mg	4%
Total Carb. 20g	7%
Fiber 0g	0%
Sugars 19g	
Protein 6g	
Vitamin A 0%	Vitamin C 4%
Calcium 20%	Iron 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

### Brand B

Nutrition Facts	
Serving size: 1 container (170g)	
Servings: 1	
Amount per serving	
Calories 190	Fat Cal 20
% DV*	
Total Fat 2g	3%
Sat. Fat 1g	5%
Trans Fat 0gm	
Cholesterol 10mg	3%
Sodium 105mg	4%
Total Carb. 35g	12%
Fiber 0g	0%
Sugars 27g	
Protein 7g	15%
Vitamin A 0%	Vitamin C 4%
Calcium 20%	Iron 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

3. Mary's trying to lose weight. Which yogurt should she eat for lunch?

- A. Brand A
- B. Brand B

## Healthy Eating Quiz 8

### Brand A

<b>Nutrition Facts</b>	
Serving size: 1 stick Servings per Container 8	
<b>Amount per serving</b>	
Calories 80	Fat Cal 45
	<b>% DV*</b>
<b>Total Fat</b> 5g	8%
Sat. Fat 3g	15%
Trans Fat 0gm	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 150mg	6%
<b>Total Carb.</b> 1g	0%
Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 8g	
Vitamin A 4%	Vitamin C 0%
Calcium 20%	Iron 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

### Brand B

<b>Nutrition Facts</b>	
Serving size: 1 stick Servings per Container 8	
<b>Amount per serving</b>	
Calories 90	Fat Cal 50
	<b>% DV*</b>
<b>Total Fat</b> 6g	9%
Sat. Fat 3.5g	18%
Trans Fat 0gm	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 190mg	8%
<b>Total Carb.</b> 1g	0%
Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 7g	
Vitamin A 4%	Vitamin C 0%
Calcium 15%	Iron 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

4. Mai's doctor recommended she eat less salt. Which cheese is better for her to eat?

- A. Brand A
- B. Brand B

### Brand A

<b>Nutrition Facts</b>	
Serving size: 1 cup (236ml) Servings per Container 8	
<b>Amount per serving</b>	
Calories 150	Fat Cal 70
	<b>% DV*</b>
<b>Total Fat</b> 8g	12%
Sat. Fat 5g	25%
Trans Fat 0gm	
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 125mg	5%
<b>Total Carb.</b> 12g	4%
Fiber 0g	0%
Sugars 11g	
<b>Protein</b> 8g	16%
Vitamin A 6%	Vitamin C 2%
Calcium 30%	Iron 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

### Brand B

<b>Nutrition Facts</b>	
Serving size: 1 cup (236ml) Servings per Container 8	
<b>Amount per serving</b>	
Calories 130	Fat Cal 45
	<b>% DV*</b>
<b>Total Fat</b> 5g	8%
Sat. Fat 3g	15%
Trans Fat 0gm	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 125mg	5%
<b>Total Carb.</b> 12g	4%
Fiber 0g	0%
Sugars 11g	
<b>Protein</b> 8g	16%
Vitamin A 10%	Vitamin C 2%
Calcium 30%	Iron 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

5. Susan is on a diet. Which milk should she buy?

- A. Brand A
- B. Brand B

### Brand A

<b>Nutrition Facts</b>	
Serving size: 1 cup (240g) Servings Per Container 2	
<b>Amount per serving</b>	
Calories 220	Fat Cal 130
	<b>% DV*</b>
<b>Total Fat</b> 14g	22%
Sat. Fat 3g	15%
Trans Fat 0gm	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 870mg	36%
<b>Total Carb.</b> 16g	5%
Fiber 2g	8%
Sugars 1g	
<b>Protein</b> 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

### Brand B

<b>Nutrition Facts</b>	
Serving size: 1 cup (239g) Servings Per Container 2	
<b>Amount per serving</b>	
Calories 110	Fat Cal 10
	<b>% DV*</b>
<b>Total Fat</b> 1.5g	2%
Sat. Fat 1g	5%
Trans Fat 0gm	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 480mg	20%
<b>Total Carb.</b> 21g	7%
Fiber 3g	12%
Sugars 2g	
<b>Protein</b> 4g	
Vitamin A 4%	Vitamin C 4%
Calcium 4%	Iron 6%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

6. Marvin is on a low fat diet. Which soup should he buy?

- A. Brand A
- B. Brand B

## Healthy Eating Quiz 8

### Brand A

Nutrition Facts	
Serving size: 1/2 cup (124g)	
Servings: About 3.5	
Amount per serving	
Calories 50	Fat Cal 0
% DV*	
Total Fat 0g	0%
Sat. Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5 mg	0%
Potassium 180mg	5%
Total Carb. 12g	4%
Fiber 1g	0%
Sugars 10g	
Protein 1g	
Vitamin A 6%	Vitamin C 2%
Calcium 0%	Iron 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

### Brand B

Nutrition Facts	
Serving size: 1/2 cup (126g)	
Servings: About 3.5	
Amount per serving	
Calories 70	Fat Cal 0
% DV*	
Total Fat 0g	0%
Sat. Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10 mg	0%
Potassium 105mg	3%
Total Carb. 17g	6%
Fiber 1g	4%
Sugars 16g	
Protein 1g	
Vitamin A 6%	Vitamin C 2%
Calcium 0%	Iron 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

7. Ellen is counting carbs. Which peaches are better for desert?

- A. Brand A
- B. Brand B

### Brand A

Nutrition Facts	
Serving size: 1 cup (240g)	
Servings Per Container 2	
Amount per serving	
Calories 220	Fat Cal 130
% DV*	
Total Fat 14g	22%
Sat. Fat 3g	15%
Trans Fat 0gm	
Cholesterol 10mg	3%
Sodium 870mg	36%
Total Carb. 16g	5%
Fiber 2g	8%
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

### Brand B

Nutrition Facts	
Serving size: 1 cup (239g)	
Servings Per Container 2	
Amount per serving	
Calories 110	Fat Cal 10
% DV*	
Total Fat 1.5g	2%
Sat. Fat 1g	5%
Trans Fat 0gm	
Cholesterol 15mg	5%
Sodium 480mg	20%
Total Carb. 21g	7%
Fiber 3g	12%
Sugars 2g	
Protein 4g	
Vitamin A 4%	Vitamin C 4%
Calcium 4%	Iron 6%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

8. Which soup is lower in carbohydrates?

- A. Brand A
- B. Brand B

### Brand A

Nutrition Facts	
Serving size: 1 cup (240g)	
Servings Per Container 2	
Amount per serving	
Calories 220	Fat Cal 130
% DV*	
Total Fat 14g	22%
Sat. Fat 3g	15%
Trans Fat 0gm	
Cholesterol 10mg	3%
Sodium 870mg	36%
Total Carb. 16g	5%
Fiber 2g	8%
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

### Brand B

Nutrition Facts	
Serving size: 1 cup (239g)	
Servings Per Container 2	
Amount per serving	
Calories 110	Fat Cal 10
% DV*	
Total Fat 1.5g	2%
Sat. Fat 1g	5%
Trans Fat 0gm	
Cholesterol 15mg	5%
Sodium 480mg	20%
Total Carb. 21g	7%
Fiber 3g	12%
Sugars 2g	
Protein 4g	
Vitamin A 4%	Vitamin C 4%
Calcium 4%	Iron 6%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

9. Which soup is lower in calories?

- A. Brand A
- B. Brand B

## Healthy Eating Quiz 8

### Brand A

Nutrition Facts	
Serving size: 1 bottle (12oz)	
Servings per Container 1	
Amount per serving	
Calories 140	Fat Cal 0
% DV*	
Total Fat 0g	0%
Sat. Fat 0g	0%
Trans Fat 0gm	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carb. 39g	13%
Fiber 0g	0%
Sugars 39g	
Protein 0g	0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

### Brand B

Nutrition Facts	
Serving size: 1 bottle (12oz)	
Servings per Container 1	
Amount per serving	
Calories 0	Fat Cal 0
% DV*	
Total Fat 0g	0%
Sat. Fat 0g	0%
Trans Fat 0gm	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carb. 0g	0%
Fiber 0g	0%
Sugars 0g	
Protein 0g	0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

10. People on a low carb diet can drink this cola.

- A. Brand A
- B. Brand B