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# Nutrition label pre/post test

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Nutrition label pre/post test

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- Ingredients are listed in:
  - descending order by weight (heaviest first)
  - ascending order by volume (least amount first)
  - alphabetical order
  - I don't know
- The amount of nutrients such as carbohydrate, protein, fat and cholesterol listed is:
  - exactly correct
  - rounded to the nearest whole number
  - an approximate amount as it can vary from package to package
  - I don't know
- Potential food allergens like wheat, soy, peanuts and milk are:
  - listed on the front of the package
  - not listed; call the company to find out if any potential allergens are in the food
  - listed in the ingredients
  - I don't know
- What is the first item to notice on a food label?
  - calories
  - fat
  - carbohydrate
  - serving size
  - I don't know
- Which nutrients should we limit and eat less to promote good health?
  - protein, sugars and total fat
  - sugars, fiber and total fat
  - total fat, cholesterol and sodium
  - I don't know
- Which vitamins and minerals must be listed on food labels?
  - vitamin D, vitamin C, iron and magnesium
  - vitamin C, calcium, iron and potassium
  - vitamin C, vitamin A, calcium and iron
  - I don't know
- The percent daily value (%DV) is based on consuming:
  - 2000 calories
  - 1200 calories
  - 2500 calories
  - I don't know
- Which nutrients on the label do NOT have a %DV?
  - sodium, cholesterol and protein
  - total fat, trans fat, saturated fat
  - trans fat, protein, sugars
  - I don't know
- A food is considered high in a specific nutrient if it contains:
  - $\geq 20\%$  DV
  - $\geq 10\%$  DV
  - $\geq 30\%$  DV
  - I don't know
- Which nutrients should we eat more to promote overall good health?
  - fiber, cholesterol, carbohydrate and protein
  - Vitamin A and C, fiber, calcium and iron
  - Vitamin A, calcium, carbohydrate and protein
  - I don't know
- The total grams of sugar listed on the label includes:
  - naturally occurring and added sugars
  - 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

Resources:

[Download word file with questions and answers](#)

Source: How to understand and use the nutrition facts label.

<http://www.fda.gov/food/ingredientspackaginglabeling/labelingnutrition/ucm274593.htm>