

What's Your Nutrition I.Q.?

- 1. What is a good daily level of fat intake for an adult?**
 - a. 80 grams
 - b. 50 grams
 - c. 30 grams
 - d. 10 grams
- 2. Foods high in carbohydrates are good choices when you are trying to lose weight.**

True
False
- 3. Which of the following foods has the most fiber?**
 - a. 2 cups of lettuce
 - b. 1 slice of whole wheat bread
 - c. 1/2 cup navy beans
 - d. 2/3 cup bran flakes
- 4. Quitting smoking leads to excessive weight gain which increases your risk for heart disease.**

True
False
- 5. Which of the following fast foods has the most fat?**
 - a. KFC mashed potatoes with gravy
 - b. Arby's deluxe baked potato
 - c. McDonald's large order of french fries
 - d. Burger King hash browns
- 6. Most heart attacks occur on Monday.**

True
False
- 7. Which of the following has the most caffeine?**
 - a. 12 oz. diet coke
 - b. 10 oz. instant iced tea
 - c. 8 oz. chocolate milk
 - d. 5 oz. drip-brewed coffee
- 8. Polyunsaturated fat has the same number of calories as saturated fat.**

True
False
- 9. You get the same number of calories in 1 cup of peanuts as in how much popcorn?**
 - a. 1/2 cup
 - b. 5 cups
 - c. 12 cups
 - d. 43 cups
- 10. All margarines are cholesterol-free.**

True
False
- 11. Jogging 2 miles burns more calories than walking 2 miles.**

True
False
- 12. Which of the following is the leading cause of death of American women?**
 - a. lung cancer
 - b. breast cancer
 - c. heart attack
 - d. osteoporosis



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Nutritionist David Mainz claims it's not what you eat between Christmas and New Year's that matters, but rather, what you eat between New Year's and Christmas! He speaks to state and national associations and corporations and is a frequent guest on radio and television. David's formal education includes a Master's Degree (MS) in Human Nutrition from the University of Missouri, and status as a Registered Dietitian (RD) and Fellow in the American Dietetic Association (FADA). He is also a Certified Speaking Professional (CSP) in the National Speaker's Association.

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