How Much Do You Know About Fats and Oils? Quiz

Adapted from WebMD

(1) Lettuce contains fat, but the amount is almost negligible. One cup has .06 g fat, making it fat-free, according to labeling laws.
   a. True
   b. False

(2) Oils are healthier than butter and margarine.
   a. True
   b. False

(3) What makes bad fats so bad?
   a. They raise “bad” cholesterol and can clog arteries
   b. They have a lot of calories
   c. They can cause memory problems

(4) Where do Americans get most of their saturated fat?
   a. Burgers
   b. Ice cream and milk
   c. Pizza and cheese

(5) How can you avoid foods with trans fats?
   a. Check the label
   b. Check the ingredient list
   c. Both

(6) Which is worse for your heart?
   a. A stick of margarine
   b. A stick of butter

(7) Light olive oil has fewer calories than extra virgin olive oil.
   a. True
   b. False
(8) Why is olive oil better for you than corn oil?
   a. Olive oil has more antioxidants
   b. Olive has more healthy fats
   c. Both

(9) How long does olive oil last?
   a. Several years
   b. A few months
   c. About a year

(10) What's good about albacore tuna, salmon, and sardines?
   a. They're high in antioxidants
   b. They're high in omega-3 fatty acids
   c. They're high in flavonoids

(11) How much fat you eat is more important than the kind of fat.
   a. True
   b. False

(12) Eat a doughnut at breakfast and large fries at lunch and you've had:
   a. The maximum daily recommended allowance of “bad” fat
   b. Five times the daily recommended allowance of “bad” fat
   c. Three times the daily recommended allowance of “bad” fat

(13) How much oil should you have in a day?
   a. One to two teaspoons
   b. It depends
   c. Less than one teaspoon

(14) What's the best oil for a marinade?
   a. Flaxseed oil
   b. Canola oil
   c. Peanut oil

*Help your department’s Wellness Council earn points towards a fiscal year wellness award by submitting your completed quiz to WFHT.TN@tn.gov.*

NAME: ___________________________ DEPT: ___________________________