

Face the Fats Quiz II

Do you know your fats by heart? Ready to make informed choices about the foods you eat? From fish to French fries to fried chicken, test your knowledge about the fats in some familiar foods. Welcome to Face the Fats Quiz II — and be sure to check out Face the Fats Quiz I.

Answer each question and calculate your score.

- 1. How much total fat does the American Heart Association say I should consume for my daily calorie needs?**
 - Between 5 and 10 percent of total daily calories
 - Between 30 and 40 percent of total daily calories
 - Between 25 and 35 percent of total daily calories
 - Between 15 and 20 percent of total daily calories
- 2. Fats can have different effects on my cholesterol levels. True or false?**
 - True
 - False
- 3. Which of these fats can lower my LDL (“bad”) cholesterol and decrease my risk of heart disease?**
 - Partially hydrogenated oils
 - Monounsaturated fats and polyunsaturated fats
 - Monosaturated fats and polysaturated fats
 - Saturated fats and *trans* fats
- 4. Which three foods typically contain high amounts of monounsaturated fats?**
 - Avocados, olive oil, almonds
 - Bacon, cheeseburgers, ice cream
 - French fries, doughnuts, biscuits
 - Butter, lard, whole milk
- 5. Which three foods typically contain high amounts of polyunsaturated fats?**
 - Fried chicken, pizza, fruit pie
 - Ribs, creamy soup, brownie
 - Sausage, French toast, pastries
 - Salmon, soybean oil, sunflower seeds
- 6. Omega-3 and omega-6 are polyunsaturated fats my body does not produce so I must get them from food. True or false?**
 - True
 - False
- 7. Monounsaturated and polyunsaturated fats are lower in calories than saturated and *trans* fats. True or false?**
 - True
 - False
- 8. How many calories does one gram of fat contain?**
 - 15
 - 12
 - 4
 - 9
- 9. All oils contain 120 calories per tablespoon. True or false?**
 - True
 - False
- 10. Eating “good” fats instead of “bad” fats can help me lose weight. True or false?**
 - True
 - False