



**WORKING FOR A
HEALTHIER TN**



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: _____