1. All nutrient numbers on food labels are based on what amount of food?
   a. 1 cup  
   b. The entire package  
   c. The serving size  
   d. None of the above

2. What % Daily Values mean low and high on the food label?
   a. 5 and 20  
   b. 10 and 20  
   c. 5 and 25  
   d. 10 and 25

3. Which nutrient should be limited to aid in healthy blood pressure levels?
   a. Fiber  
   b. Sodium  
   c. Protein  
   d. Potassium

4. Which type of fat should be limited?
   a. Unsaturated  
   b. Saturated  
   c. Trans  
   d. None of the above

5. On the recently updated food label, which nutrient is being added?
   a. Calories from fat  
   b. Added sugars  
   c. Soluble fiber  
   d. Insoluble fiber

Ask Your Health Coach To Score Your Quiz