Face the Fats Quiz I
Do you know your fats by heart? Ready to make informed choices about the foods you eat?
Welcome to the Fats Quiz — now you can test just how knowledgeable you are about fats.

Answer each of these questions and we'll calculate your score.

1. Which of these fats raise your LDL (bad) cholesterol?
   - A. Saturated fats and trans fats
   - B. Polyunsaturated fats
   - C. Monounsaturated fats
   - D. Monounsaturated fats and polyunsaturated fats

2. Which of these fats can increase your risk of heart disease?
   - A. Polyunsaturated fats
   - B. Monounsaturated fats
   - C. Monounsaturated fats and polyunsaturated fats
   - D. Trans fats and saturated fats

3. Which of these are partially hydrogenated oils closely related to?
   - A. Monounsaturated fats
   - B. Polyunsaturated fats
   - C. Trans fats
   - D. Saturated fats

4. Which of these are NOT a fat?
   - A. Prorated fats
   - B. Polyunsaturated fats
   - C. Trans fats
   - D. Saturated fats

5. Which three food items typically contain high amounts of saturated fats?
   - A. Nuts, seeds, vegetable oils
   - B. Bacon, cheeseburger, whole milk
   - C. Avocados, olive oil, canola oil
   - D. Salmon, trout, herring

6. Which five food items typically contain high amounts of trans fats?
   - A. Ice cream, butter, cheese, ribs, lard
   - B. Oatmeal, berries, spinach, carrots, peach
   - C. French fries, cookies, shortening, stick margarine, doughnuts
   - D. Peanut butter, tub margarine, olives, mayonnaise, beans

7. The American Heart Association recommends limiting your saturated fat consumption to less than ___ percent of your daily calories.
   - A. 7%
   - B. 10%
   - C. 15%
   - D. 20%

8. The American Heart Association recommends most of the fats you eat every day be:
   - A. Saturated fats and trans fats
   - B. Monounsaturated and polyunsaturated fats
   - C. Trans fats and polyunsaturated fats
   - D. Saturated fats and monounsaturated fats

9. If a food package says “0g Trans Fat”, what is the amount of trans fats that product contains?
   - A. 0 gram per serving
   - B. Less than 1 gram per serving
   - C. Less than 0.5 grams per serving
   - D. Less than 0.2 grams per serving

10. If a food package says “Cholesterol-free”, it means the product does not contain any fats that might increase your LDL (bad) cholesterol. True or False?
    - A. True
    - B. False

www.AmericanHeart.org/FaceTheFats