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# Nutrition Facts Label

## *Sample Quiz Questions*

1. **True** or False: The Nutrition Facts Label was updated in 2020 to make it easier for consumers to make healthier food choices.
2. True or **False**: The serving size is a recommendation of how much to eat and drink.
3. Fill in the blank: A food or drink with **5%** daily value or less is a low source of added sugars and a food or drink with **20%** daily value or more is a high source of added sugars.
4. **True** or False: Folate is important for lowering the risk of serious problems that occur during pregnancy that can affect the infant's brain and spine.
5. Select all that apply: When possible, try to choose foods lower in:
  - a. **Saturated fats**
  - b. **Sodium**
  - c. Vitamin D
  - d. **Added sugars**