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NUTRITION QUIZ Test your yogurt knowledge

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In the dairy case, yogurt choices are so numerous as to be daunting. You might end up making a selection that is low in calcium and high in fat -- the absolute opposite of what you require. A website run by registered dietitians, Healthcastle.com, recently analyzed the various yogurt cup options.

Take our quiz on the healthful aspects of yogurt:

1. According to Healthcastle, what is the difference in sugar content between the healthiest option (Dannon Light & Fit) and the least-healthy (Yoplait Whips)?

- a) 6 grams of sugar per 6 ounces
b) 16 grams
c) 21 grams
2. Which 6-ounce cup of yogurt was deemed to have the highest fat content?
a) Yoplait Whips
b) Brown Cow Vanilla Cream Top
c) The Greek Gods Vanilla
3. Which yogurt cup contained the highest daily value of calcium?
a) Yoplait Whips
b) Breyer's Creme Savers Strawberries and Cream
c) Tillamook Oregon Strawberry Lowfat
4. Which yogurt cup contains the least amount of calcium?
a) Yoplait Whips
b) Yoplait Light Fat Free
c) Yoplait Fiber One
5. Liberte Organic Vanilla has the highest level of trans fats. How high is it per 6 ounces?
a) 0.2 grams
b) 0.9 grams
c) 5.1 grams

Answers: 1: c (Dannon: 10.5 grams of sugar; Yoplait: 31.5 grams); 2: b (7 grams fat, 4 grams saturated fat); 3: b (30 percent daily value of calcium); 4: c (15 percent daily value); 5: a.

Source: www.healthcastle.com -- SAM McMANIS McClatchy News Service

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