




Living Here [Comments \(0\)](#) | [Recommend \(0\)](#) | [Print](#)

Nutrition Quiz

Published: Sunday, Jul. 5, 2009 - 12:00 am | Page 31 [ShareThis](#) [Buzz up!](#)

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 Web site run by registered dietitians, Healthcastle.com, recently analyzed the various yogurt cup options.

Take our quiz on the healthful aspects of yogurt:

- According to Healthcastle, what is the difference in sugar content between the healthiest option (Dannon Light & Fit) and the least-healthy (Yoplait Whips)?**
 - 6 grams of sugar per 6 ounces
 - 16 grams
 - 21 grams
- Which 6-ounce cup of yogurt was deemed to have the highest fat content?**
 - Yoplait Whips
 - Brown Cow Vanilla Cream Top
 - The Greek Gods Vanilla
- Which yogurt cup contained the highest daily value of calcium?**
 - Yoplait Whips
 - Breyer's Creme Savers Strawberries and Cream
 - Tillamook Oregon Strawberry Lowfat
- Which yogurt cup contains the least amount of calcium?**
 - Yoplait Whips
 - Yoplait Light Fat Free
 - Yoplait Fiber One
- Liberte Organic Vanilla has the highest level of trans fats. How high is it per 6 ounces?**
 - 0.2 grams
 - 0.9 grams
 - 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

smcmanis@sacbee.com [ShareThis](#) [Buzz up!](#)

Topic Tags

Popular Topics
[Adam Scheffer](#) [Arnold Schwarzenegger](#) [Cell Phone](#) [Christy Turlington](#) [Income Tax](#) [Jennifer Smith](#) [World War II](#)

About Comments

Reader comments on Sacbee.com are the opinions of the writer, not The Sacramento Bee. If you see an objectionable comment, click the "report abuse" button below it. We will delete comments containing inappropriate links, obscenities, hate speech, and personal attacks. Flagrant or repeat violators will be banned. [See more about comments here.](#)

You must be logged in to leave a comment. [Login](#) | [Register](#)

Comments: Showing: Newest first

More comments on this story:



Phones for People Having Difficulty... Seeing, Hearing, Speaking, Remembering, or Moving

CTAP [CLICK FOR MORE INFO](#)



Sutter patients tell their stories at CheckSutterFirst.com



MOST VIEWED | **BLOG POSTS**

The State Worker: Schwarzenegger takes hard line on furloughs


Schwarzenegger calls special legislative session on taxes

Amid huge campus cuts, some full-timers get raises

Woman with baby cut from womb claimed pregnancy

Homebuyers gain an edge with Internet searches

Rookies would earn their keep under a pay scale



QUICK JOB SEARCH

Enter Keyword(s): Enter a City:

Select a State: Select a Category:

[Advanced Job Search](#) | Search by Category

SACRAMENTO BEE JOBS »

[» SEE MORE TOP JOBS](#)



Buy Used Cars

Dealer and private-party ads

Make:

Model:

Price Range: \$0 to No Max

Search within: miles of ZIP

[Advanced Search | 1982 & Older](#)

Sacramento Jobs \$30/Hour Work From Home Jobs.View Home Jobs Now! National-News-Gazette.com	Winry Nutritional Beverage 30 Day Guarantee. Awarded Top Worldwide Distributor. www.wellnessextreme.com	Fun Nutrition Quiz Find out if you a savvy eater or a health cheater with fun free quiz. www.chatterbean.com/dietquiz
---	---	---

Ads by Yahoo!