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Nutrition Quiz

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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 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

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