**Quiz**

1. True or False: Consuming dairy foods with both vitamin D and calcium helps your body absorb the calcium better than if vitamin D were not present.

Answer: True. Your body absorbs calcium more efficiently if the food that delivers the calcium to you also has vitamin D. Many dairy products have vitamin D added for this reason.

1. If you can’t or don’t eat dairy, you can get the calcium you need from which of the following foods:
   1. orange juice with calcium added
   2. calcium enriched soy milk
   3. dark, leafy green vegetables
   4. All of the above

Answer: D. All of the above. You can still get the calcium you need even if you can’t or don’t eat dairy products. Many foods have calcium added to them, such as orange juice and soy milk. Other foods are natural sources of calcium, such as dark, leafy green vegetables.

1. Which of the following dairy products should you eat/drink if you’re concerned about reducing the amount of fat you get?
   1. whole milk
   2. skim milk
   3. regular yogurt
   4. blue cheese

Answer: B. Skim milk. Skim milk has no fat and it still has calcium and other important vitamins and minerals. Regular yogurt is usually full-fat. Whole milk has not had its fat content reduced, so this type of milk has a lot more fat and calories than skim. Like most cheese, blue cheese has a lot of fat and calories. Low-fat cheeses are available, though.

1. Since dairy products naturally contain lactose, a type of sugar, is there any way to know if sugar has been added to your dairy-based food?
   1. No, it’s a mystery.
   2. No, the calculations are too complex to know the right answer.
   3. Yes, just read the ingredients on the food label.
   4. Yes, all foods have sugar added.

Answer: C. Yes, just read the ingredients list on the food label. If a food manufacturer has added any type of sugar or sweeteners to your dairy product, it will be listed in the ingredients. Look for added sugars here. We’ll talk about sugar and sweeteners in a few days, but for now, just know there are plenty of different types of sweeteners that are added to foods. Keep a sharp look out for sugar in flavored dairy products.