**Quiz**

1. Which type of fat should you avoid all together?
   1. Omega-3 fatty acids
   2. Saturated fat
   3. Trans fat
   4. Unsaturated fat

Answer: C. Trans fat. Trans fats have no place in a healthy diet. This type of fat raises the “bad” cholesterol in your blood and should be avoided.

1. What are examples of “good” fats?
   1. Monounsaturated fat
   2. Polyunsaturated fat
   3. Neither. There’s no such thing as good fats.
   4. Both a and b

Answer: D. Both A & B. Monounsaturated and polyunsaturated fats are both types of unsaturated fats, which are usually heart-healthy. Compare this to saturated fats, which aren’t.

1. True or False: You can eat all the “good” fats you want.

Answer: False. Even “good” fats should be eaten in moderation. All types of fat and oils contain 9 calories per gram, even the good ones. This is more than twice the calories in protein and carbohydrates.

1. What are words to look for on a restaurant menu that indicate a dish might be high in fat?
   1. Fried or deep-fried
   2. Butter, buttery, cream, or creamy
   3. Cheesy or au gratin
   4. All of the above

Answer: All of the above. It’s more difficult to know how much fat is in food when you don’t prepare it yourself, but there are clues in the food’s name or description. Look for foods that suggest the chef uses a lot of oil, butter, or cheese in the preparation.