**Quiz**

1. The three macronutrients are:
   1. Fat, sugar, and salt
   2. Carbohydrates, protein, and fat
   3. Carbohydrates, protein, and saturated fat
   4. Protein, water, and fat

Answer: B. Carbohydrates, protein, and fat. There are three macronutrients: carbohydrates, protein, and fat. Saturated fat is a type of fat. Sugar is a type of carbohydrates. Salt is a mineral. Water is considered to be a nutrient, and is essential for life, but is not a macronutrient

1. How many servings of macronutrients do you need each day?
   1. 1 of each
   2. 2 of each
   3. 3 of each
   4. Trick question: A balanced diet builds in a balance of macronutrients

Answer: D. Trick question. Macronutrients aren’t like fruits, vegetables, grains, protein, and dairy. They’re not individual items to eat each day. Instead, they make up each of the foods we eat, just in different amounts. If you eat a balanced diet, you should be getting a healthy balance of macronutrients, as well.

1. Which macronutrient is important for muscle growth and repair?
   1. Carbohydrates
   2. Protein
   3. Fat
   4. Doughnuts

Answer: B. Protein. Your body needs a healthy supply of protein to help muscles repair and grow. This protein can come from plant or animal sources.

1. Which of the following foods contains carbohydrates?
   1. grains
   2. fruits
   3. vegetables
   4. all of the above

Answer: D. All of the above. Even though most people think of carbohydrates as grains or starchy vegetables like potatoes, many foods contain some amount of carbohydrates. The key is to remember that carbohydrates are necessary parts of a balanced diet, and are found in many healthy foods.