**Quiz:**

1. True or False: Fat has more Calories than carbohydrates and protein.

Answer: True. Gram for gram, fat has more than twice as many Calories as carbohydrates and protein.

1. If you eat more Calories than you burn, most likely you will?
   1. Lose weight
   2. Stay at the same weight
   3. Gain weight
   4. Turn into a velociraptor

Answer: C. Gain weight. When you tip the energy balance in either direction, your weight will most likely change. If you take in more Calories than you use, your body will store that extra energy for future use. This leads to weight gain. As far as we know, there’s no way to turn into a velociraptor. Yet…

1. True or False: Quantity of Calories matters, but so does quality.

Answer: True. Quality of Calories matters. Choose foods that provide nutrition along with Calories. You can do this by sticking with your balanced diet goal.

1. True or False: Drinks can sneak extra Calories into your diet.

Answer: True. Juices, alcohol, and sugary teas and other drinks are often full of calories, so watch out!