Healthy Desserts
Questions

1. According to the 2005 Dietary Guidelines, consuming added sugars, saturated and trans fats and alcohol will provide calories and essential nutrients.
   A. True
   B. False

2. Which of the following is not a nutrient-dense food?
   A. An Orange
   B. Green Beans
   C. A Candy Bar

3. Fruit and/or lowfat yogurt are healthy choices for dessert.
   A. True
   B. False

4. Which of the following is a wise dessert choice?
   A. Ice cream with chocolate syrup, sprinkles and whipped cream
   B. One or two small pieces of candy
   C. Carrot cake with cream cheese icing

5. When eating a dessert that is high in fat and/or sugar, eat a smaller portion of the dessert and select foods lower in fat throughout the day to keep your eating plan balanced.
   A. True
   B. False
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