Sugary Foods
Questions:

1. According to the Food Guide Pyramid, what is the maximum recommended amount of added sugar per day for a person consuming a 2200 calorie diet?
   A. 5 teaspoons
   B. 12 teaspoons
   C. 20 teaspoons
   D. 32 teaspoons

2. Which of the following foods have added sugar?
   A. Cookies
   B. Ketchup
   C. Barbecue Flavored Potato Chips
   D. All of the Above

3. Reading food labels will assist consumers in determining whether or not foods have added sugar.
   A. True
   B. False

4. Which of the following is NOT a form of sugar?
   A. Corn Sweetener
   B. Calcium Carbonate
   C. Maltose
   D. Fruit Juice Concentrate

5. Which of the following is caused by sugar?
   A. Obesity
   B. Diabetes
   C. Hyperactivity
   D. Tooth Decay
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Answers:

1. According to the Food Guide Pyramid, what is the maximum recommended amount of added sugar per day for a person consuming a 2200 calorie diet?
   B. 12 teaspoons

2. Which of the following foods have added sugar?
   D. All of the Above

3. Reading food labels will assist consumers in determining whether or not foods have added sugar.
   A. True

4. Which of the following is NOT a form of sugar?
   B. Calcium Carbonate

5. Which of the following is caused by sugar?
   D. Tooth Decay