The News on Whole Grains

Questions

1. Which of the following is NOT a benefit of eating whole grain foods?
   A. lower cholesterol levels
   B. lower risk of heart disease
   C. higher risk of obesity

2. Whole grains, or foods made from them, contain all the essential parts and naturally-occurring nutrients of the entire grain seed.
   True
   False

3. Food products displaying the food claim “Excellent Source” contain no refined grain products
   True
   False

4. On a food label, the ingredients are listed by order of weight. Therefore, the item present in the greatest amount is listed ________.
   A. last
   B. third
   C. first

5. If bread is brown and the label says wheat, then it is a whole grain food.
   True
   False
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Answers

1. Which of the following is NOT a benefit of eating whole grain foods?
   C. higher risk of obesity

2. Whole grains, or foods made from them, contain all the essential parts and naturally-occurring nutrients of the entire grain seed.
   True

3. Food products displaying the food claim “Excellent Source” contain no refined grain products
   False

4. On a food label, the ingredients are listed by order of weight. Therefore, the item present in the greatest amount is listed _________.
   C. first

5. If bread is brown and the label says wheat, then it is a whole grain food.
   False