**Dental Nutrition Knowledge ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Check ALL that apply for #1-8.**

1. Which foods cause/promote dental cavities?

|  |  |  |
| --- | --- | --- |
| * candies, chocolate | * carbonated soft drinks | * dried cranberries |
| * plain yogurt | * green vegetables | * peanuts |

1. Which factors are associated with increased dental cavities?

|  |  |  |
| --- | --- | --- |
| * dietary sugars | * crowded teeth | * sugarless chewing gum |
| * flossing | * dry mouth | * acidic foods like lemons |

1. Which market food products cause/promote dental cavities?

|  |  |  |
| --- | --- | --- |
| * potato chips | * blueberry muffins | * fresh fruits |
| * salted crackers | * pizza | * cheese |

1. Which breakfast items can cause/promote dental cavities?

|  |  |  |
| --- | --- | --- |
| * frosted flakes cereals | * cheese | * white bread |
| * eggs | * cereal bars | * fruit jam |

1. Which of these market foods contain added sugars?

|  |  |  |
| --- | --- | --- |
| * orange drink from 5% juice | * orange soda | * cranberry juice cocktail |
| * lemonade | * 100% orange juice | * whole milk |

1. Which food products usually contain added sugars?

|  |  |  |
| --- | --- | --- |
| * plain yogurt | * canned fruits in heavy syrup | * barbeque sauce |
| * salad dressing | * 100% fruit juice | * frozen pizza |

1. Which nutrients are required for good dental health?

|  |  |  |
| --- | --- | --- |
| * vitamin D | * vitamin A | * selenium |
| * phosphorus | * calcium | * chromium |

1. Which statements regarding sugars are correct?

|  |  |  |
| --- | --- | --- |
| * added sugars can cause dental cavities | * soda containing artificial sugars does not cause dental caries | * natural sugars can cause dental cavities if consumed very often |
| * 100% fruit contains added sugar | * “no added sugar” and “sugar free” are same | * natural sugars cannot cause cavities |

**Check only ONE correct answer for #9-20.**

1. Which food item contains added sugar?

|  |  |  |
| --- | --- | --- |
| * apple | * pure honey | * sweet potato |
| * flavored yogurt | * plain milk | * pure maple syrup |

1. Which fruit product option is least risky for dental cavities?

|  |  |  |
| --- | --- | --- |
| * dried raisins | * apple juice | * whole apple |
| * canned peaches in heavy syrup | * 100% fruit juice | * apple cinnamon cereal |

1. Which dessert option is less risky for causing dental cavities?

|  |  |  |
| --- | --- | --- |
| * milkshake | * apple pie | * plain yogurt with strawberries |
| * banana split sundae | * vanilla ice cream | * cake |

1. What factors is important regarding sugar consumption to prevent dental cavities?

|  |  |  |
| --- | --- | --- |
| * Total amount of sugar consumed in the day | * Whether sugar is consumed with meals or between meals | * All of the above |
| * The form of the food-whether it is liquid, solid, sticky, or slow to be cleared from the mouth | * How often/frequently the sugar is consumed in the day | * None of these |

1. Which of the following is protective against dental caries?

|  |  |  |
| --- | --- | --- |
| * soda | * energy drink | * sweetened coffee |
| * orange juice | * sports drinks | * plain milk |

1. According to U.S Dietary Guidelines of 2015-2020, the amount of added sugar one consumes should be\_\_\_\_\_\_\_ percent of the total daily calories?

|  |  |  |
| --- | --- | --- |
| * 0 | * 1-10 | * 11-20 |
| * 21-40 | * 41-60 | * 61-80 |

1. If one eats sugary foods and drinks, when is the best time to eat them?

|  |  |
| --- | --- |
| * between meals | * with meals |
| * evening snack | * timing does not matter |

1. Which item is required by the newly revised 2016 United States nutrition facts label?

|  |  |  |
| --- | --- | --- |
| * vegetable oil | * unsaturated fat | * carbohydrates |
| * added sugars | * animal proteins | * proteins |

1. Which mineral in toothpaste reduces the risk of dental cavities?

|  |  |  |
| --- | --- | --- |
| * manganese | * fluoride | * iodine |
| * iron | * chromium | * boron |

1. What is the recommended number of times one should **BRUSH** every day?

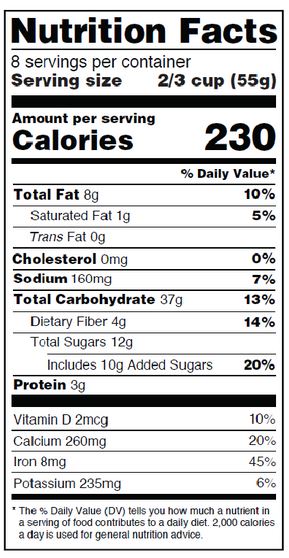
|  |  |  |
| --- | --- | --- |
| * 0 | * 1 | * 2 |
| * 3 | * 4 | * 5 |

1. What is the recommended number of times one should **FLOSS**?

|  |  |  |
| --- | --- | --- |
| * 1 time per day | * 2 times per day | * 1 time per week |
| * 2 times per week | * 1 time per month | * 2 times per month |

1. What is the recommended number of times one needs to visit a dentist?

|  |  |  |
| --- | --- | --- |
| * once every year | * two times a year | * once every four months |
| * once every three months | * once every two months | * every month |

**Use the nutrition facts label on the right to answer #21-22**

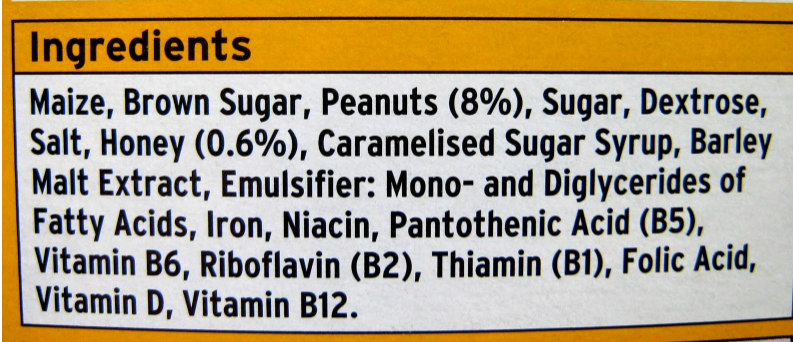
1. According to this food label, how many grams of **ADDED** sugar does one serving of this product contain?

|  |  |  |
| --- | --- | --- |
| * 8 | * 10 | * 12 |

1. According to this nutrition facts label, what % Daily value (DV) for added sugars does one serving of this product provide?

|  |  |  |
| --- | --- | --- |
| * 10 | * 12 | * 20 |

**Use the ingredients listed on the right to answer #23-24**



1. What is the second main ingredient in this food product?
2. List the added sugars in this food product?