**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?