

## Dietary fats - quiz

Do you know the difference between good and bad dietary fats? Why is fat important in your diet? Try our quick health quiz and find out.

**1. How many kilojoules does one gram of fat contain**

- A. 37 kilojoules.
- B. 16 kilojoules.
- C. 52 kilojoules.

**2. How are dietary fats used by the body?**

- A. To produce red blood cells, contribute to the manufacture of hair and keep bones strong.
- B. To provide energy, form part of cell membranes and help regulate cells.
- C. To produce retina cells, nourish the spleen and help stabilise the body's sleep-wake cycle.

**3. What are the four main groups of dietary fats?**

- A. Saturated, mono-unsaturated, polyunsaturated and dissaturated.
- B. Saturated, mono-unsaturated, polyunsaturated and omega-plex.
- C. Saturated, mono-unsaturated, polyunsaturated and trans fats.

**4. How do saturated fats contribute to the risk of heart disease?**

- A. They stiffen the cardiac cells and prevent the heart from pumping properly.
- B. They boost blood cholesterol levels, which contributes to narrowing of the arteries.
- C. They gradually poison the heart, causing the cells to malfunction and die.

**5. Which food grouping contains high levels of saturated fats?**

- A. High fat dairy products, red meat and fried fast foods.
- B. Lollies, white sugar, alcohol and carbonated soft drinks.
- C. Couscous, millet, kelp and tempeh.

**6. Are mono-unsaturated and polyunsaturated fats 'good' for you?**

- A. No, because all dietary fats contribute to the risks of heart disease and obesity.
- B. Yes, because these 'good' fats lower blood cholesterol when they replace saturated fats in the diet.

C. Yes, because these fats speed the metabolism and help an overweight person shed excess kilograms.

**7. What are omega-3 fatty acids?**

A. Fatty acids found in vegetables that are thought to stimulate growth of muscle tissue and may increase the pumping power of the heart.

B. Fatty acids found in wholegrain cereals that are believed to reverse the effects of ageing and may boost the sense of smell in ex-smokers.

C. Fatty acids found in fish that are thought to have an anti-clotting effect on blood and may lower blood pressure.

**8. At what age should a low saturated fat diet be introduced?**

A. After 2 years of age, if necessary.

B. From about 13 years of age, or when puberty commences.

C. From about 18 years of age, when the adolescent growth spurt is over.

**9. What sorts of fats should you eat?**

A. A variety of mono-unsaturated and polyunsaturated oils or fat spreads like peanut oil, sunflower-based margarine, canola oil and olive oil.

B. Only mono-unsaturated oils and fat spreads like olive and canola oil.

C. Only polyunsaturated oils and fat spreads like sunflower, grape seed and safflower.

Calculate score

Your score is:

**Score 0 to 2:**

You know little about dietary fats. Learning more may help you to understand how to reduce the risk of diet-related problems such as obesity and heart disease. It's in your best interests to find out more about dietary fats and healthy eating habits. See your doctor or consult with a dietitian for further information and advice.

**Score 3 to 6:**

Some of your ideas on dietary fats are not accurate. Browse through the Better Health Channel fact sheets on dietary fats, weight loss and healthy eating for guidance.

**Score 7 to 9:** Well done, you seem savvy about dietary fats. Knowing how to eat a healthy diet is important but don't forget to make sure you're putting your knowledge into practice!

> Check the correct answers.

**This page has been produced in consultation with, and approved by:**

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This Better Health Channel fact sheet has passed through a rigorous approval process. The information provided was accurate at the time of publication and is not intended to take the place of medical advice. Please seek advice from a qualified health care professional.

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