

Test Your Nutrition Knowledge!

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Quick: What's the difference between monounsaturated fat and polyunsaturated fat?

HDL versus LDL cholesterol?

It's hard enough to identify and commit to eating healthy foods—don't let confusing health jargon make it any harder.

How much do you really know about healthy eating and proper nutrition? Cooking Light magazine helps you find out with an online quiz that will test your knowledge of things like the difference between “low-fat” and “reduced-fat,” and which vegetables contain the most nutrients.

Click [here](#) to take the test (editor's note: test link no longer available). (It's OK if you get a question wrong; the correct answers are provided to help you eat healthier in the future.)

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<http://beta.docker.realhealthmag.com/article/nutrition-knowledge-test-14315-4990>