

## Nutrition Trivia: Questions, Answers, and Facts Printable Trivia Pack

Nutrition trivia explores the science and everyday facts behind what we eat, from essential vitamins and minerals to the history of dietary advice. This topic mixes approachable questions with tougher challenges, making it useful for casual players, families, and anyone curious about how nutrition shapes health and culture.

### HARD NUTRITION TRIVIA

1. In what year were the first U.S. Recommended Dietary Allowances published?

Answer: 1941

2. Ancel Keys is most strongly associated with which landmark nutrition project?

Answer: The Seven Countries Study

3. Before vitamin B1 was isolated, polished-rice diets were linked to what disease?

Answer: Beriberi

4. A deficiency of niacin causes which condition?

Answer: Pellagra

5. Vitamin B1 goes by what chemical name?

Answer: Thiamine

6. What is the vitamin name for B2?

Answer: Riboflavin

7. Which B vitamin is also called vitamin B9?

Answer: Folate

8. Cobalamin is another name for which vitamin?

Answer: Vitamin B12

9. What is the name of the severe form of protein malnutrition?

Answer: Kwashiorkor

10. Severe energy deficiency malnutrition is called what?

Answer: Marasmus

11. Which type of fat raises LDL cholesterol while lowering HDL cholesterol?

Answer: Trans fats

12. The glycemic index compares foods based on their effect on what?

Answer: Blood glucose

13. BMI is calculated as weight in kilograms divided by what?

Answer: Height in meters squared

14. People with phenylketonuria must limit which amino acid?

Answer: Phenylalanine

#### FUNNY NUTRITION TRIVIA

1. Roughly how many calories ride along in a medium banana?

Answer: About 105 calories

2. If celery had a fan club, it would brag about having about how many calories per stalk?

Answer: About 6 calories

3. One large egg usually delivers about how much protein?

Answer: About 6 grams

4. A tablespoon of peanut butter brings roughly how many calories to the party?

Answer: About 95 calories

5. Botanically speaking, which creamy toast-topper is actually a berry?

Answer: Avocado

6. True or false: A strawberry is botanically a true berry.?

Answer: False

7. Why does honey usually taste sweeter than table sugar?

Answer: It contains more fructose than sucrose

8. What does white chocolate contain but regular chocolate's dark bits are missing from?

Answer: Cocoa butter but no cocoa solids

9. When eaten plain, popcorn counts as what kind of grain?

Answer: A whole grain

10. Cucumbers are basically crunching on hydration; about what percent water are they by weight?

Answer: About 95%

11. What are raisins before they go through their wrinkly makeover?

Answer: Dried grapes

12. Yogurt begins with milk and gets its tang from what process?

Answer: Fermentation with bacteria

13. Why is cheese more calorie-dense than milk?

Answer: Much of its water is removed

#### FUN NUTRITION TRIVIA

1. Who coined the term "vitamine" back in 1912?

Answer: Casimir Funk

2. Which researcher won the 1929 Nobel Prize for work related to vitamins?

Answer: Christiaan Eijkman

3. After isolating vitamin C, who received the 1937 Nobel Prize?

Answer: Albert Szent-Györgyi

4. Which physician published a famous scurvy treatise in 1753?

Answer: James Lind

5. Who linked pellagra to diet in the early 20th century?

Answer: Joseph Goldberger

6. Which nutrition scientist helped identify vitamins A and D?

Answer: Elmer McCollum

7. The K-ration from World War II was developed by whom?

Answer: Ancel Keys

8. International research by Ancel Keys helped popularize which eating pattern?

Answer: Mediterranean diet

9. In what year did the USDA introduce MyPlate?

Answer: 2011

10. What year marked the debut of the U.S. Food Guide Pyramid?

Answer: 1992

11. The Nutrition Labeling and Education Act became U.S. law in which year?

Answer: 1990

12. Who founded the nutrition department at the Harvard School of Public Health?

Answer: Fredrick J. Stare

13. Which Harvard nutrition leader chaired the Department of Nutrition at Harvard T.H. Chan School of Public Health?

Answer: Walter Willett

#### NUTRITION FAMILY TRIVIA

1. A severe lack of vitamin C leads to which disease?

Answer: Scurvy

2. Which vitamin helps your body absorb calcium?

Answer: Vitamin D

3. What mineral is especially important for bones and teeth?

Answer: Calcium

4. Proteins are built from smaller units called what?

Answer: Amino acids

5. Dietary fiber is found in what kind of foods?

Answer: Plant foods

6. How many calories does plain water provide?

Answer: Zero

7. Per gram, fat provides how many calories?

Answer: 9 calories per gram

8. How many calories per gram does carbohydrate provide?

Answer: 4 calories per gram

9. Which mineral appears on the current U.S. Nutrition Facts label: potassium or selenium?

Answer: Potassium

10. Current U.S. Nutrition Facts labels specifically include which sweetener category?

Answer: Added sugars

11. Which vitamin is fat-soluble: vitamin A or vitamin C?

Answer: Vitamin A

12. Hemoglobin relies on which mineral to help carry oxygen in the blood?

Answer: Iron

#### EASY NUTRITION TRIVIA

1. On a U.S. Nutrition Facts label, what item appears near the top?

Answer: Serving size

2. What does RDA stand for in nutrition guidance?

Answer: Recommended Dietary Allowance

3. Which graphic shows a place setting divided into food groups?

Answer: MyPlate

4. Omega-3 fatty acids belong to what class of fats?

Answer: Polyunsaturated fats

5. The DASH diet was created mainly to help lower what?

Answer: Blood pressure

6. Who wrote the nutrition book "Food Rules"?

Answer: Michael Pollan

7. Which author wrote "How Not to Die"?

Answer: Michael Greger

8. Name the writer of "Salt Sugar Fat."?

Answer: Michael Moss

9. "The Omnivore's Dilemma" is by which author?

Answer: Michael Pollan

10. Bananas are thought to have originated in which region?

Answer: Southeast Asia

11. Coffee is widely believed to have started in what country?

Answer: Ethiopia

12. Chia seeds come from a plant native to which two countries?

Answer: Mexico and Guatemala

13. Cacao was domesticated in what broad region?

Answer: Mesoamerica

Source: <https://triviagong.com/themes/nutrition>