



# Rudolph Foods In The News

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### NUTRITION QUIZ

**E**verything we know, we learned from Men's Health, and the magazine reports that pork rinds top the list of "Top 5 Junk Foods That Are Good for You." Take our quiz about "the other crunchy white snack food," rival of the beloved potato chip.

**1. Which of the following junk foods failed to make the top five on the Men's Health list:**

- a) chocolate bars
- b) sour cream
- c) beef jerky
- d) corn chips
- e) alcohol

**2. True or false:** 1 ounce of peanuts contains more fat than an equal amount of pork rinds.

**3. Which of the following foods contain more protein per ounce than pork rinds:**

- a) one scrambled egg
- b) 1 ounce of almonds
- c) 1 ounce of chicken
- d) all of the above
- e) none of the above

**4. Which president listed pork rinds as his favorite food:**

- a) Bill Clinton
- b) William Howard Taft
- c) George H.W. Bush
- d) George W. Bush

**5. What is another use for pork rinds other than a snack food:**

- a) ceiling insulation
- b) loofah
- c) fish bait
- d) bandage

ANSWERS: 1: d; 2: true (peanuts, 14.1 grams, rinds, 8 grams); 3: e (rinds, 17 grams, egg, 6.7 grams; almonds, 6 grams; chicken, 7 grams); 4: c; 5: c.

Sources: [caloriecount.about.com](http://caloriecount.about.com); The New York Times; Rudolph Foods; Men's Health.

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