

BOSS: PROTEIN PALACE

KING DOGGER

40 POINTS

- 1) Proteins that have 6 or more grams of saturated fat per serving are called what?
 - A. Macronutrients
 - B. Lean proteins
 - C. Plump proteins
 - D. Micronutrients
- 2) What includes carbohydrates, protein, and fats and are needed in larger amounts in the body?
 - A. Macronutrients
 - B. Lean proteins
 - C. Plump proteins
 - D. Protein
- 3) What includes vitamins and minerals and are needed in tiny amounts in the body?
 - A. Carbohydrates
 - B. Lean proteins
 - C. Plump proteins
 - D. Micronutrients
- 4) Protein is an example of what?
 - A. Macronutrient
 - B. Vitamin
 - C. Mineral
 - D. Micronutrient
- 5) How many grams of protein does King Dogger have in one serving?
 - A. 26g
 - B. 77mg
 - C. 22g
 - D. 12g
- 6) How many grams of saturated fat does King Dogger have in one serving?
 - A. 13g
 - B. 8g
 - C. 26g
 - D. 12g
- 7) Based on the amount of saturated fat in one serving of King Dogger, he would be what type of protein?
 - A. Lean protein
 - B. Plump protein
 - C. Carbohydrate
 - D. Medium protein
- 8) The last ingredient that makes up King Dogger is a processed ingredient, what is it?
 - A. Beef
 - B. Pork
 - C. Sodium phosphate
 - D. Salt

