Read the January 2016 Wellness Newsletter and the All About Onions article, then answer the following questions to earn a ½ wellness point!

January 2016 Wellness Quiz:

1. What are three sweetener names that you should watch out for on food labels, since they may have as many calories as sugar?

2. What is one way to make your salad healthier?

3. What is one strategy you can use to reduce the amount of calories in your coffee or smoothie?

4. True or false: Onions are high in Vitamin C.

5. Name one health benefit of eating onions.