

TEST YOUR NUTRITION KNOWLEDGE ...



- 1 TRUE or FALSE:**
To follow a healthy eating pattern, *every single food* must be low in fat.
- 2** Carbohydrates provide the major source of our energy intake. Which of the following are rich in carbohydrates?
A) bread and rice **B)** beef and pork
C) eggs and cheese **D)** chicken and turkey
- 3 TRUE or FALSE:**
To trim fat from your diet, you must eliminate all red meat.
- 4** Which of the following counts as a vegetable serving?
A) 1 medium-sized tomato **B)** 1 cup leafy vegetables
C) 7 or 8 baby carrots **D)** all of the above
- 5** One 3-ounce serving of meat is about the same size as
A) a deck of cards **B)** a bar of soap
C) a match box **D)** a thin paperback book
- 6 TRUE or FALSE:**
Snacking may keep you from becoming ravenously hungry and overeating at meal time.
- 7** What do the words “reduced fat” mean on the food label?
A) no calories
B) at least 25% less fat per serving when compared with a similar food
C) contains trace amounts of fat
- 8 TRUE OR FALSE:**
It’s difficult to find tasty vegetarian substitutes for “meatless meals”.
- 9 TRUE or FALSE:**
Low or reduced fat dairy products have less calcium content than their full fat versions.
- 10 TRUE or FALSE:**
Margarine has fewer calories than butter.

Turn over for answers →

ANSWER SHEET

- 1 FALSE.** Keeping fat to less than 1/3 of your daily total calories doesn't mean every single food must be low in fat. You can balance higher fat and lower fat selections over the course of one or a few days and still have a healthy eating pattern.



- 2 (A)** But ... all carbohydrates are not equal. Choose complex carbohydrates like whole grain bread, cereal or pasta, brown rice, fruits and vegetables, legumes or beans.

- 3 FALSE.** Lean red meat is a good source of iron, zinc and several other important nutrients that are well absorbed and easily used by the body. Enjoy lean red meat - and all foods - in moderation.

- 4 (D)** Vegetables, like fruits, are naturally low in fat and provide many essential nutrients (vitamins, minerals and fiber) that are important for good health. Aim for 3-5 vegetable servings per day.

- 5 (A)** Use the “deck of cards” guideline to measure the recommended 2-3 ounce serving of lean cooked meat, fish or poultry.



- 6 TRUE.** Healthy snacking can help you control your hunger. Nutritious choices include low fat cheese & crackers, a piece of fresh fruit, cut-up raw veggies & low fat yogurt dip, or a bowl of cereal with skim milk.

- 7 (B)** The definitions used on food labels are set by the FDA for food manufacturers to follow. **Reduced fat** does NOT mean no calories! To control your calorie intake, choose foods lower in total fat and limit your portion size.

- 8 FALSE.** Spread Middle Eastern hummus (made of chick peas) on pita bread or have lentil, split pea or bean soup with a whole grain roll for lunch. Try Indian dal (made of split peas or lentils) as a side dish. Enjoy Mexican bean burritos or meatless chili for dinner.

- 9 FALSE.** Choose low or reduced fat dairy products (milk, yogurt and cheese) as good dietary sources of calcium. Don't forget to EXERCISE! While bones need calcium as building blocks, they also need to be “stressed” to best use the available calcium.



- 10 FALSE.** Both fats have the same number of calories. Try a reduced fat spread (margarine) that has no “trans fat”, or use whipped butter to make portion control easier. Monosaturated fats like canola, peanut or olive oil are your best bets. Use all fats or oils sparingly.

