



RESOURCE

November 1, 2010

What's Your Nutrition I.Q.?

Take this quiz to test your nutrition knowledge.

Circle the correct answer.

- 1) True or False. Fruit has cholesterol?
- 2) Which one of these foods is not a dairy product?
 - a. Cheese
 - b. Tuna
 - c. Yogurt
- 3) True or False. If bread is brown, it is whole wheat bread.
- 4) Which vitamin helps to keep your eyes and skin healthy and protects against infections?
 - a. Vitamin A
 - b. Vitamin C
 - c. Vitamin E
- 5) Vegetables are good sources of all the following nutrients except:
 - a. Fiber
 - b. Fat
 - c. Potassium
 - d. Vitamin C
- 6) All of the following are good sources of protein except:
 - a. Apples
 - b. Fish
 - c. Beef
 - d. Chicken
- 7) Which of the following is more nutritious?
 - a. 8 ounces of 100% apple juice
 - b. 1 small whole apple
- 8) Which fast food item contains more fat?
 - a. Hamburger
 - b. 10 piece Chicken Nuggets
- 9) Which milk is the most heart healthy?
 - a. Whole
 - b. 2%
 - c. Skim
- 10) Fiber can be found in all of the following foods except:
 - a. Fruits
 - b. Chicken
 - c. Beans
 - d. Vegetables

Answers

- 1) False. Cholesterol is only found in foods that come from animal products such as beef, butter, and eggs.
- 2) B. Dairy products are foods that are made from milk like yogurt and cheese. Tuna is a fish.
- 3) False. Don't be fooled! Just because the bread is brown does not mean it is whole-wheat bread. To make sure your bread is 100% whole wheat, check the ingredient list on the package and look for "whole-wheat flour" as the first ingredient. Then you can be sure you are getting all the nutrients of whole grains.
- 4) A. Vitamin A can be found in many orange colored fruits and vegetables like carrots, sweet potatoes, and cantaloupe.
- 5) B. Vegetables are very low in fat so go ahead and enjoy the many varieties.
- 6) A. Protein is a building block for bones, muscles, skin and blood. Proteins are found in both animal and plant foods, however, animal products are better sources of protein because they are complete proteins.
- 7) B. 8 ounces of 100% apple juice will provide you with 110 calories, 0 fiber, 0 vitamins, and 26 grams of sugar. 1 small apple with skin will provide you with only 60 calories, 2.5 grams of fiber, vitamins and minerals, and only 11 grams of sugar. Next time, skip the juice and eat the fruit!
- 8) B. Just because you may think chicken is healthier than beef, these little chicken nuggets are fried in fattening oil and will provide about 24 grams of fat while the hamburger will provide only 9 grams.
- 9) C. Skim milk has all the same vitamins and nutrients as whole or 2% milk but it contains fewer calories, and 0 fat! So if you haven't already, try to make the switch to skim!
- 10) B. Dietary fiber comes from plant products.