

Healthy Nutrition Quiz

San Ysidro Health Center WIC Program



All the answers are based on the U.S. Food Guide Pyramid and will give you guidelines for making everyday decision about the food you feed your family. For more information please visit MyPyramid.gov





HEALTHY EATING NUTRITION QUIZ

“Eating and exercising right are extremely important parts of a healthy lifestyle”

Especially for kids, whose bones, muscles and other body parts are still growing.

How do we get them to eat right?

As parents, we carefully choose for our children many aspects of their lives. Most of us know that eating fruits and vegetables is a good boost for your health, but does that mean you should just plop an apple into your lunch sack every day and call it nutrition accomplished?

For Better Food Choices Test Your Nutrition Knowledge. Here's a quiz to find out if you are making the right choices when it comes to eating healthy.

1. It is a hot summer and to stay properly hydrated, you must drink eight eight-ounce glasses of water per day. True or False?
2. Within 30 to 60 minutes is the ideal time to eat after exercise. True or False?
3. Cutting out cholesterol from your diet is the most effective way to reduce your blood cholesterol level
4. For a healthier you, keep these low.
a. potassium, fiber, and iron
b. saturated fats, trans fats and sodium
c. bread, potatoes, rice and light vegetables.
5. Eating lots of starchy foods, like potatoes, rice, pasta, and bread, make you fat. True or False?
6. Iron deficiency can raise the risk of which of the following?
a. Heart disease c. Behavioral problems
b. Diabetes d. Overweight
7. Snacking may keep you from overeating at mealtime. True or False?
8. During the childbearing years, women need to take a folic acid supplement before they become pregnant. True or False?
9. Vitamin D is just as important for bone health as calcium.
- 10 Low-fat or fat-free dairy foods contain less calcium than their full-fat counterparts. True or False?
11. The calcium content of low-fat dairy products is equivalent to that of full-fat dairy foods. True or False?
12. You know that calcium is important, but which of the following is the best bet for getting the calcium you need?
a. Cheddar cheese b. Broccoli c. Eggs d. Lowfat milk
13. White vegetables offer little nutritional value; only brightly colored vegetables are nutrient powerhouses. True or False?
14. To get the two to four required servings of fruit each day, you pour yourself a big glass of orange juice. After all, juice is just as healthy as whole fruit. True or False?
15. Which of the following foods contains the most fiber?
a. ½ cup of baked beans
b. A turkey sandwich made with whole-grain bread
c. 1 cup of oatmeal
16. Mom always said to eat your vegetables. But how many veggies should you be eating?
a. One ½ serving a day
b. Three a Day
c. Five to Ten a day
17. When selecting from the fruit group, a. only fresh fruits can be considered.
b. fresh, canned, frozen, dried and 100% fruit juice count.
c. frozen fruits should not be eaten more than twice a month.
d. don't be concerned about washing fresh fruit unless it looks dirty.



The answers will offer you guidelines for making everyday decision about the food you feed your family right.

NUTRITION QUIZ

ANSWERS

1. FALSE. Optimal hydration depends on the age, body size, activity level, and climate. An Adequate Intake for most women is 2.7 liters of fluid daily. The need is more for breastfeeding women, people who are exercising and during hot weather months. Plain water, nonalcoholic beverages and even foods helps to meet the hydration needs.

2. TRUE. Eating a small snack 30 to 60 minutes after a workout is the most beneficial time to help the muscles to recover and replenish the body's nutrient stores. Good post-exercise snack options include a serving of low-fat dairy, which provides lean protein to repair muscles, and fruit for carbohydrates.

3. Eating less saturated and trans fat, helps to reduce blood cholesterol level, and the risk of heart disease. Lower fat foods, such as whole grain breads and cereals, vegetables and fruits, contain fiber, which helps to control blood cholesterol too.

4. The answer is b- Foods lower in saturated fat, trans fat and cholesterol help reduce the risk of heart disease. Less sodium in your diet may reduce the risk of high blood pressure.

5. FALSE. To control weight, we should be eating these foods. Pasta, bread, rice, potatoes, and other starchy foods are high in complex carbohydrates, satisfying, and relatively low in calories. It's the butter, sour cream, and sauces, or eating too many of these starchy foods, that add the calories. Yogurt, herbs, tomato, and other vegetable-based sauces add flavor without added fat. Six or more daily servings are recommended.

6. Iron deficiency can affect a child's growth and may lead to learning and behavioral problems. Too little iron can lead to iron deficiency anemia, especially in pregnant women and adolescent girls. But too much iron may raise the risk of cancer and heart disease. To play it safe, avoid taking iron supplements unless your doctor advises you to take them.

7. True. Healthful snacking - with both carbohydrate and protein can help the body stay fueled. Plan snacks with small portions in mind, such as crackers and low fat cheese, yogurt and fruit.

8. TRUE – Folic acid is important during the first weeks of pregnancy, before you may even know that you are pregnant! Folic acid helps prevent neural tube defects in the growing fetus. Combined with a healthy diet, it is recommended that women of child bearing age or planning a pregnancy take a daily multi-vitamin that contains 400 micrograms of folic acid.

9. TRUE – Vitamin D helps the body absorb calcium and to keep the right amount of calcium and phosphorus in the blood. Vitamin D is found in many dietary sources such as fish, eggs, fortified milk, and cod liver oil. The sun also contributes significantly to the daily production of vitamin D, and as little as 10 minutes of exposure is thought to be enough to prevent deficiencies.

10. FALSE. Low- or fat-free dairy foods often contain slightly higher amounts of calcium than full-fat dairy foods. A cup of fat-free milk contains 306 milligrams of calcium, while a cup of whole milk contains 276 milligrams. Fat contains no calcium; when it is removed, calcium increases simply because of volume.

11. TRUE. Get 3 servings a day of low-fat or fat-free varieties of milk, cheese, and yogurt to control your fat intake without losing out on calcium. If you can't consume milk, choose lactose-free milk products and/or calcium-fortified foods.

12. The Milk! One 8-ounce glass of lowfat milk has 300 mg of calcium. Cheddar and other hard cheeses are high in calcium, about 200 mg per ounce, but watch the fat. One-half cup cooked broccoli contains 120 mg. One large egg contains only 28 mg calcium. Aim for 2 to 3 servings of low-fat dairy products each day.

13. FALSE. All the vegetables offer nutrition benefits even white ones. White

cruciferous vegetables, such as cauliflower, or onions and garlic contain many of the same compounds that have been linked to cancer prevention found in other, more colorful vegetables like broccoli. White-fleshed potatoes are a good source of potassium, vitamin C, and, fiber, when eaten with the skin.

14. Although fruit juice does contain many of the vitamins found in whole fruit, there are many things the juice doesn't contain. Whole fruit contains necessary vitamins and antioxidants, but it is also rich in dietary fiber. Fiber has been linked to cancer prevention, aiding in digestion, and to lower the cholesterol. Also helps fill you up so you are less likely to overeat. Try whole fruit for vitamins, antioxidants, and it's fiber.

15. A. Beans are an excellent source of fiber. A half-cup serving of canned or homemade baked beans contains 7 grams of fiber, more than double the amount found in a sandwich, or instant oatmeal.

16. TRUE. The number of cups of fruits and vegetables that is right for each person depends on gender, age, and physical activity level. The Dietary Guidelines for Americans recommend to eat 3½ to 6½ cups of colorful fruits and vegetables every day. To find out how many cups each person in your family needs for good health, visit www.mypyramid.gov.

17. Choose all forms of fruits and vegetables. Mix up your choices within each food group. All vegetables are great sources of dietary fiber, starches, and vitamins. Fruit and vegetable consumption is important to promote healthy weight, improve iron and calcium absorption, protect bones, and lower the risk of heart disease and cancer. Fresh fruits in season as well as canned, frozen, dried and 100 percent juice - they all count toward your recommended amount.

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Questions? Call the San Ysidro Health Center WIC Program at (619) 426-7966.