



**WEST SUBURBAN DIETETIC ASSOCIATION
OF ILLINOIS**

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Test Your Nutrition Knowledge

We all eat, so we're all experts on food and nutrition, right? Maybe, but maybe not. In the spirit of good health, the West Suburban Dietetic Association has prepared a 10-question quiz to test your knowledge. March is, after all, National Nutrition Month. See how you do.

1. The nutrition label on a box of candy lists:

Number of servings: 4 Calories per serving: 180 Fat: 0 grams

How many calories will be consumed if all the candy in the box is eaten?

- A) 180
- B) 0
- C) 90
- D) 720

2. Fat is an important part of a healthy meal plan, but saturated fat should be limited. Which of the following foods contains the most saturated fat?

- A) Walnuts
- B) Sirloin steak
- C) Fish
- D) 2% milk

3. Canned fruits and vegetables can provide what percentage of the good nutrients found in fresh or frozen produce?

- A) 25%
- B) 53%
- C) 68%
- D) 100%

4. Polyols, formerly known as sugar alcohols, are included in many foods because they:

- A) Taste like sugar
- B) Do not cause tooth decay
- C) Provide very few calories
- D) All of the above

5. If you want to lower your risk of high blood pressure, you should
- A) Smoke cigarettes
 - B) Live a couch potato life
 - C) Take a vigorous walk every day
 - D) Eat to your heart's content
6. Antioxidants protect our cells from damage caused by substances called free radicals. Vitamin E is an antioxidant found in many foods. The best sources are:
- A) Almonds, healthy oils, and seeds
 - B) Chicken, fish, and pork
 - C) Citrus fruits
 - D) Wine, cheese, and crackers
7. The most important way to prevent food poisoning is by:
- A) Eating nothing for a day or two
 - B) Storing foods safely
 - C) Washing hands often and properly
 - D) Separating meats and produce during preparation
8. New research indicates that this food, when coupled with a healthy meal plan and regular exercise, may help you lose weight.
- A) Milk
 - B) Chicken wings
 - C) Pizza
 - D) Orange juice
9. Which of these foods will provide the most fiber?
- A) Pancake
 - B) Whole wheat multi-grain bread
 - C) Jelly doughnut
 - D) White rice
10. A healthy meal plan is one that includes:
- A) Protein foods, but few carbohydrates
 - B) All foods except those with fat
 - C) Moderate portions of a variety of foods, even treats
 - D) Everything except foods with sugar

Answers:

1. Answer: D: 720

Don't be misled by a label that indicates 0 grams of fat. The calories still count! A box of movie candy may seem like a single serving, but could be two or more. Chow it down all by yourself and by the time you've finished it off you may have eaten 30-50% of your day's calorie needs, and gained no nutrients at all! (Average calories needed per day are 2000.) Consider an alternate treat, a smaller portion size or plan to share.

2. Answer: B: Sirloin steak

Red meats are typically higher in saturated fat. Cooking methods, like deep-frying, and large portion sizes can add even more. Eat too much and you've got a major risk factor for heart disease. Walnuts and fish have fat, but they are highest in the healthier polyunsaturated and monounsaturated fats. Whole milk has the most saturated fat, skim milk the least; 2% is in the middle.

3. Answer: D: 100%

Canned foods have all the nutritional value of fresh or frozen foods. How? Produce is picked when ripe and canned shortly thereafter. Freshness is quickly locked in. Fresh foods can sometimes lose nutrients when they are stored for periods of time or travel long miles to their destination.

4. Answer: D: All of the above

Polyols are low calorie, carbohydrate-based sweeteners. You'll find them in sugarless gums, frozen desserts, and many baked goods. Their name changed because people were confused by the term sugar alcohols. Polyols have no sugar or alcohol in them; the name is a reference to their chemical structure. As Americans continue to reduce their calories each day, polyols will probably become ingredients of more foods, saving not only the waistline, but also trips to the dentist as well.

5. Answer: C: Take a vigorous walk every day

Keep moving! Physical activity combined with a low fat, low salt meal plan is known to lower blood pressure.

6. Answer: A: Almonds, healthy oils, and seeds

You can't avoid free radicals; they're part of life. Diet can, however, improve the effects they have on your body. Cancer, aging, and a variety of diseases have all been linked to increased production of free radicals. Antioxidants work to minimize their growth. Vitamin E is an antioxidant, as is vitamin C and beta-carotene (a form of vitamin A).

7. Answer: C: Washing hands often and properly

The most important thing you can do to keep from getting sick is washing your hands. The "stomach flu" is often food poisoning in disguise. You can help to prevent it by washing your hands before, during, and after preparing food, before you eat, after using the bathroom, and any time your hands are dirty. If in doubt, wash. Use soap and water for 15-20 seconds, rinse well, then dry with a clean paper towel or cloth.

8. Answer: A: Milk

Scientific studies show that dairy products can aid in weight management when combined with moderate calorie intake. Milk, cheese, and yogurt seem to help fat cells burn more fat and trigger fat cells to make and store less fat. Enjoy 3 servings of dairy each day, continue to be physically active, and you'll likely be on the way to your desired weight.

9. Answer: B: Whole wheat multi-grain bread

Whole grain breads, fruits, vegetables, and legumes have the most fiber. Not only does fiber help maintain a healthy digestive tract and prevent constipation, it can also reduce “bad” cholesterol and help keep your heart healthy.

10. Answer: C: Moderate portions of a variety of foods, even treats

All foods can fit into a healthy meal plan. In fact, a good variety is the way to go! Avoid any diet that restricts a single food or entire food groups. Not only will you be missing important vitamins and minerals, you may crave the banned foods, making it tough to stick to your plan.