

FACT OR FICTION?

National Nutrition Month® 2021 Quiz

Circle the correct answer.

1. Only people with medical conditions, such as diabetes or high blood pressure, need to eat healthfully. **FACT OR FICTION?**
2. Added sugars and naturally occurring sugars are the same. **FACT OR FICTION?**
3. A vegetarian diet can provide the recommended amount of protein for people of all ages. **FACT OR FICTION?**
4. Foods that contain carbohydrates should be avoided. **FACT OR FICTION?**
5. All types of dietary fat are the same. **FACT OR FICTION?**
6. Frozen and canned fruits and vegetables can be nutritious choices. **FACT OR FICTION?**
7. A gluten-free diet is recommended for weight loss. **FACT OR FICTION?**
8. Some processed foods can be healthful. **FACT OR FICTION?**
9. Adding salt at the table is the main source of sodium in the U.S. **FACT OR FICTION?**
10. Three servings from the Dairy Group are recommended daily for adolescents and adults. **FACT OR FICTION?**

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Answers

1. Only people with medical conditions, such as diabetes or high blood pressure, need to eat healthfully.

FICTION: A healthful eating style can be beneficial for everyone. Proper nutrition is needed throughout life – for growth and development at a young age and as we get older. It can also help with managing many chronic diseases or reducing their risk.

2. Added sugars and naturally occurring sugars are the same.

FICTION: Sources of naturally occurring sugars, such as fruit and milk, provide important nutrients, like vitamins and minerals. Sugars that are added to foods and beverages often contribute calories but lack nutrients that are needed for good health.

3. A vegetarian diet can provide the recommended amount of protein for people of all ages.

FACT: A vegetarian eating style can meet nutrient needs, including protein, for infants to older adults, if it's well-planned and includes a variety of foods.

4. Foods that contain carbohydrates should be avoided.

FICTION: Carbohydrates are the body's main source of energy. Many nutritious foods are sources of carbohydrate, including fruits, vegetables, and whole grains. These foods provide vitamins, minerals and dietary fiber, which can positively affect our health.

5. All types of dietary fat are the same.

FICTION: Healthier types of fat come from plant-based sources, such as vegetable oils and nuts. Fish, like salmon, also contain heart healthy forms of fat. Saturated fats and trans fats may increase the risk of heart disease, so it is recommended that these types of fat be limited. You can do this by choosing lean cuts of meat, skinless poultry and low-fat or fat-free dairy products and by reviewing the Nutrition Facts Label.

6. Frozen and canned fruits and vegetables can be nutritious choices.

FACT: Frozen and canned fruits and vegetables can be just as nutritious as fresh produce. Look for products with no added sugars and ones that are lower in sodium.

7. A gluten-free diet is recommended for weight loss.

FICTION: A gluten-free diet is medically necessary for individuals who have been diagnosed with celiac disease or non-celiac gluten sensitivity. It is not recommended for weight loss and is often customized by a registered dietitian nutritionist to help meet nutrient needs.

8. Some processed foods can be healthful.

FACT: There are different types of processed foods – some are only minimally processed, such as baby carrots or bagged spinach. Others are highly processed, like pre-made meals, frozen side dishes, and other convenience-type foods. Compare labels to find healthier options when purchasing these types of foods.

9. Adding salt at the table is the main source of sodium in the U.S.

FICTION: Most of the salt we consume come from foods that are already prepared. Some are more obvious because they taste salty, like canned soups. In other foods, like breads, the salt may not be noticeable. Choose foods with lower amounts of sodium and look for descriptions such as "No Salt Added" or "Reduced Sodium" when shopping.

10. Three servings from the Dairy Group are recommended daily for adolescents and adults.

FACT: For both males and females ages 9 and older, 3 cups (or cup equivalents) of low-fat or fat-free dairy products, such as milk, cheese, yogurt, or calcium-fortified soymilk are recommended per day. These foods and beverages provide important nutrients, like calcium and vitamin D.

