

FACT OR FICTION?

National Nutrition Month® 2019 Quiz

Circle the correct answer.

1. The amount of calories needed daily is the same for everyone. **FACT OR FICTION?**
2. Eating carbohydrates causes weight gain. **FACT OR FICTION?**
3. Doing some physical activity is better than doing none at all. **FACT OR FICTION?**
4. Sugars found naturally in fruit and milk are the same as sugars added to foods, like candies and cookies. **FACT OR FICTION?**
5. Portion sizes have increased over the years. **FACT OR FICTION?**
6. Only fresh produce is considered to be a good source for fruits and vegetables. **FACT OR FICTION?**
7. Oils, which are a source of fat, provide important nutrients. **FACT OR FICTION?**
8. Vegetarian diets are not appropriate for certain age groups. **FACT OR FICTION?**
9. Everyone should take a multivitamin mineral supplement. **FACT OR FICTION?**
10. All sources of nutrition information are credible. **FACT OR FICTION?**

NATIONAL NUTRITION MONTH®

www.eatright.org

MARCH 2019

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Answers

1. The amount of calories needed daily is the same for everyone.

FICTION: *The amount of calories needed daily will depend on a person's age, gender, height, weight, and activity level.*

2. Eating carbohydrates causes weight gain.

FICTION: *Too many calories from any type of food (or beverage) can result in weight gain.*

3. Doing some physical activity is better than doing none at all.

FACT: *Research has shown that even a little physical activity is better than being sedentary.*

4. Sugars found naturally in fruit and milk are the same as sugars added to foods, like candies and cookies.

FICTION: *Foods and beverages that contain naturally occurring sugars, such as fruit, milk, and yogurt contribute important nutrients. In comparison, foods and drinks with added sugars, such as desserts and soft drinks often contain no nutrients, just calories.*

5. Portion sizes have increased over the years.

FACT: *The size of portions for both foods and drinks have increased. In fact, many people consume in one sitting what is considered to be several servings. The new Nutrition Facts Label will reflect some of these larger portions and help you determine the total amount of calories (and other nutrients) that are consumed per serving (or per container).*

6. Only fresh produce is considered to be a good source for fruits and vegetables.

FICTION: *All types of fruits and vegetables, including fresh, frozen, canned, 100% juice, and dried will help you meet your daily goals. With forms other than fresh, it's important to look for fruits in water or their own juice (with no added sugars) and vegetables with no added salt or ones labeled reduced or low sodium.*

7. Oils, which are a source of fat, provide important nutrients.

FACT: *Fats can be either solid or liquid at room temperature. Liquid types of fats, like vegetable oils, are sources of necessary nutrients. Whereas solid fats are high in saturated fat and/or trans fats, both of which should be limited. All types of fat are high in calories, so portion sizes of these foods can make a big difference. The daily allowance for most people is just a few teaspoons.*

8. Vegetarian diets are not appropriate for certain age groups.

FICTION: *Well-planned vegetarian and vegan eating plans that include a variety of fruits, vegetables, whole grains, nuts, seeds, and legumes can be nutritionally adequate during all stages of the life cycle.*

9. Everyone should take a multivitamin mineral supplement.

FICTION: *For most people, nutrient needs should be obtained through food sources. When a person's diet is lacking in certain foods and nutrients, a vitamin and/or mineral supplement may be required. There are also higher requirements in some cases, such as during pregnancy or with a diagnosed deficiency. Always check with a health care provider before taking a dietary supplement.*

10. All sources of nutrition information are credible.

FICTION: *Unfortunately, there is a lot of misinformation available when it comes to nutrition, especially on the internet. Look for sources of credible information from health care organizations and government agencies and consult the nutrition experts — registered dietitian nutritionists.*

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