
Eating Healthy: Good Nutrition Quiz

To test your nutrition knowledge, answer the questions below as either True or False.

True False

- ☐ ☐ 1. There are many nondairy sources of calcium.
- ☐ ☐ 2. Low-fat foods are always better.
- ☐ ☐ 3. Fiber isn't important.
- ☐ ☐ 4. You need to watch portion sizes only when eating at home.
- ☐ ☐ 5. The outside aisles of the grocery store are the best places to shop.

Answers

1. TRUE. While dairy products have the most calcium, you can also get this mineral from other foods, too. Try calcium-fortified juices, cereals, breads, rice milk, or almond milk. Other sources of calcium are canned fish, some beans, and dark, leafy greens. Soybeans and some soy items are also good options. These include soy yogurt, tempeh, and tofu made with calcium sulfate.
2. FALSE. Just because a food is low fat or fat free does not mean it's always a better nutritional choice. For instance, fat-free cookies have the same amount of sugar and calories, or often even more, than regular cookies. Read labels.
3. FALSE. High-fiber foods help keep your digestive system healthy. Try to get 25 to 38 grams of fiber a day. Also, remember to drink plenty of water to prevent constipation.
4. FALSE. Portion control is just as important when you're eating out. Many restaurants serve extra-large portions. So split your entree with someone at the table. Or ask for a take-home box. Then put half of your entree in it right away, before you start eating.
5. FALSE. It's true that the outside aisles are where the fresh foods tend to be. These include fruits, vegetables, and dairy. But you can find many nutritious foods on the inside aisles. These include whole grains such as brown rice, whole-wheat pastas and tortillas, canned fish, dried beans, canned (no salt added) vegetables, nuts, seeds, and frozen fruits and vegetables.