

Nutrition Knowledge Quiz

Courtesy of Family Health Plan

Answer T (True) or F (False) for each of the following statements:

1. Vitamins and minerals are good sources of energy for the body.
2. No single food contains all of the nutrients required for proper growth and optimal health.
3. On a weight basis, vitamins contain the same amount of calories as food fat.
4. Brown eggs are better nutritionally than white eggs.
5. People who eat a balanced diet should also take a multivitamin supplement to guarantee optimal nutrition.
6. Enriched breads and cereals made from white flour are usually good sources of fiber.
7. There is no danger associated with taking "natural" vitamin and mineral supplements.
8. All of the nutrients required by the body can be provided by a well balanced diet.
9. Fat provides more calories per gram than either carbohydrate or protein.
10. "Light" foods are always low in caloric contents.
11. You can eat as much protein as you like without gaining weight, since protein does not turn into body fat.
12. Natural and synthetic vitamin supplements are of equal nutritional value.
13. Cholesterol occurs only in animal products.
14. One chicken breast can provide 50% of the adult RDA (recommended dietary allowance) for protein.
15. Lecithin supplements are useful for preventing and treating arthritis, heart disease, and dry skin.
16. Bread and potatoes should be avoided during a weight loss program.
17. Fruit juice has more fiber than the whole, unpeeled fruit.

Circle the best answer for each of the following questions:

18. Which of the following groups of foods is the best source of calcium? a). beef, chicken, or turkey b). whole grain products c). fresh fruit d). milk and dairy products
19. The U.S. RDA for calcium is 1000 milligrams. How many 8 oz. glasses of milk would you need to consume to satisfy this requirement? a). 1 glass b). 2 glasses c). 3-4 glasses d). 5 glasses
20. The human body derives energy from which of the following nutrients? a). carbohydrate, b). protein c). fat d). vitamins e). minerals f). all of the above or g). a, b and c only
21. The most common form of anemia affecting American women and children is iron deficiency anemia. Which of the following are good sources of iron? a). eggs b). whole milk c). legumes and meat d). carrots and beets

22. The words "glucose," "sucrose," and "fructose" on a product label indicate what type of ingredient? a). protein b). sugar c). sodium d). fiber

23. Which of the following groups of foods are richest in dietary fiber? a). chicken, eggs, low-fat milk b). grapefruit juice, applesauce, cider c). tuna fish, cheddar cheese, corned beef d). kidney beans, peas and corn

24. Which of the following groups of foods is the best source of vitamin C? a). citrus fruits and green leafy vegetables b). red meat and chicken c). macaroni, rice and whole grains d). fish, shellfish and other seafood

25. The U.S. RDA for vitamin C is 60 milligrams. How many glasses of orange juice would you have to drink to satisfy this requirement? a). 1-6 oz. glass b). 2-6 oz. glasses c). 1 quart d). 2 quarts

Answers: 1F, 2T, 3F, 4F, 5F, 6F, 7F, 8T, 9T, 10F, 11F, 12T, 13T, 14T, 15F, 16F, 17F, 18d, 19c, 20g, 21c, 22b, 23d, 24a, 25a.