

Quiz

1. Which of these foods is most likely to help prevent the most common form of blindness in older Americans?

- 1.. Carrots
- 2.. oranges
- 3.. spinach
- 4.. tomato juice
- 5.. zucchini
- c. spinach

Two carotenoids found in spinach lutein and zeaxanthin appear to protect eyes more than beta-carotene and other carotenoids. Other good sources: red bell pepper, okra, and leafy greens like kale, collard greens, and romaine lettuce

2. Which is worst for you?

- Butter
- tub margarine
- stick margarine
- whipped butter
- light tub margarine
- a. butter

Butter's saturated fat makes it boost your cholesterol more than margarine will. If you insist on butter, at least get a light whipped brand (some of its fat will be replaced by water and air). As for margarine, a tub always beats a stick, but a light tub or spread has the least cholesterol-raising trans and saturated fat of all.

3. Which claim is backed by the best research?

- hot dogs increase the risk of childhood leukemia
- carnitine helps you lose weight
- cranberry juice can help treat urinary tract infections
- garlic strengthens your immune system
- coenzyme Q10 helps prevent heart disease

3. c. cranberry juice can help treat urinary tract infections

In a recent study from Harvard Medical School, women who drank a little over a cup of cranberry juice cocktail a day were twice as likely to be cured of their urinary tract infections as women who drank a look-alike, taste-alike beverage with no cranberry juice. None of the other claims are backed by studies as good.

4. True or False: Breast cancer kills more women than any other disease.

4. False

Premenopausal women are more likely to die of breast cancer than heart disease. But after menopause, when the risk of both illnesses really takes off, heart disease is a much greater threat. When women of all ages are combined, heart disease kills four times as many women as breast cancer.

5. Which disease has not been linked to diets that are rich in red meat?

- colon cancer
- heart disease
- prostate cancer
- stomach cancer

d. stomach cancer

The saturated fat and cholesterol in red meat especially ground beef raise the risk of heart disease. No one is sure what in red meat explains its apparent link to colon and prostate cancers

6. A diet rich in fruits and vegetables has not been clearly linked to a lower risk of:

breast cancer

colon cancer

lung cancer

stroke

a. breast cancer

A few animal studies suggest that something in fruits or vegetables may reduce the risk of breast cancer. But in humans, other cancers are more strongly linked to a lack of fruits and vegetables.

7. A healthy Mediterranean diet has very little

bread

olive oil

beans

vegetables

cheese

e. cheese

A true Mediterranean diet is very low in saturated fat. That means very little cheese (and meat, poultry, and butter).

8. If you're in your 50s or 60s and your blood pressure is normal, it will stay that way.

True or false

b. false

In the U.S., blood pressure rises with age for most people. Roughly 40 percent of 50-somethings, 50 percent of 60 somethings, and 60 percent of 70 somethings have blood pressure that's high enough to consider treating with drugs.

9. Four of these strategies have been clearly shown to keep blood pressure from rising.

Which hasn't?

cutting salt

losing excess weight

eating potassium-rich foods

getting adequate calcium

Exercising regularly

9. d. exercising regularly

There's convincing evidence for all but the calcium. Limiting alcohol to no more than two drinks a day should also keep your blood pressure from rising.

10. Which is not a good source of potassium?

Cantaloupe

Yogurt

brown rice

squash

kidney beans

10. c. brown rice

Most grains aren't rich in potassium. A serving of any of the other four foods will give

you at least 500 mg. Health experts recommend getting 4,000 to 4,500 mg a day to keep blood pressure low. Most fruits, vegetables, beans, fish, poultry, and milk (but not cheese) are good sources