

Healthy Eating Quiz

1. How many daily servings of fruit and vegetables are recommended for someone of your gender and age?
2. Aim for only a small amount of unsaturated fat each day (2-3 table spoons/30-45 ml). What are types of fats that one should limit?
3. What is one thing you could do to support a friend, coworker or family member with Diabetes?
4. What is one benefit of eating traditional food?
5. The need for what vitamin increases after age 50 – for both women and men?
6. Healthy Eating is just one aspect of a healthy lifestyle. What is one thing you could do to boost your Physical Fitness while at work?
7. As mentioned, Healthy Eating is just one aspect of a healthy lifestyle. What is one thing you could do to maintain mental wellness and manage stress at work?
8. Many people do not eat enough fruits and vegetables (For example, 8-10 servings for men 19-50). What could you do to increase the amount of fruits and vegetables you eat?
9. What is a serving size for pasta or rice?
10. Which has less sugar, frozen vanilla yogurt or frozen vanilla ice cream?