

Healthy Eating Quiz Answers

1. How many servings of fruit and vegetables are recommended for someone of your gender and age?

1. Answer: it depends on your gender and age

2. Aim for a small amount of unsaturated fat each day (2-3 table spoons/30-45 ml). What are types of fats that one should limit?

2. Answer: Limit butter, hard margarine, lard, shortening and bacon fat (saturated fat) and avoid large quantities of trans fat. Trans fat are found in cookies, crackers and many other processed foods.

3. What is one thing you could do to support a friend, coworker or family member with Diabetes?

3. Answer: any answer – see “Just the Basics.” Ensure that they eat meals no more than 6 hours apart; provide alternatives to desserts, donuts and candies; offer to go for a walk/exercise with him/her

4. What are some of the benefits of eating traditional food?

4. Answer: There are many benefits/answers to this question. For one, normally you need to be active to get traditional food through hunting, fishing or berry picking. Eating traditional food nourishes mind, body and spirit.

5. The need for what vitamin increases after age 50 – for both women and men?

5. Answer: Vitamin D – which can be found in fortified dairy products, a supplement, salmon beans and some other foods. Talk to your doctor about whether a supplement is necessary for you.

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?

6. Answer: any answer

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?

7. Answer: any answer

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?

8. Answer: any answer

9. What is a serving size for pasta or rice?

9. Answer : ½ cup

10. Which has less sugar, frozen vanilla yogurt or frozen vanilla ice cream?

10. Answer – They are both about the same