



Nutrition Quiz: Fact vs. Fiction

Circle the correct answer.

- 1 In a healthy eating plan, all the foods I eat should be low in fat. **Fact or Fiction?**
- 2 Snacking may keep me from becoming ravenously hungry and overeating at mealtime. **Fact or Fiction?**
- 3 Eating too many carbohydrates causes weight gain. **Fact or Fiction?**
- 4 Vegetarian diets are healthful. **Fact or Fiction?**
- 5 Eating sugar causes diabetes. **Fact or Fiction?**
- 6 Fad diets work. **Fact or Fiction?**
- 7 Frozen or canned fruits and vegetables are not as nutritious as fresh. **Fact or Fiction?**
- 8 It's easy to spot whole-grain food products: They're brown. **Fact or Fiction?**
- 9 I should limit my daily salt intake to about one teaspoon. **Fact or Fiction?**
- 10 I'll gain about 10 pounds a year by eating an extra 100 calories a day. **Fact or Fiction?**



NATIONAL NUTRITION MONTH*

MARCH 2008

AMERICAN DIETETIC ASSOCIATION
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Answers

1 In a healthy eating plan, all the foods I eat should be low in fat.

Fiction: Your goal should be to keep your total daily fat intake within 20 percent to 35 percent of your calories, but that doesn't mean every single food you eat must be low in fat. You can balance high-fat and low-fat selections over the course of a day or two and still be following a healthful eating pattern. Look for foods that are low in saturated fats, trans fats and cholesterol. Most of the fat you eat should be polyunsaturated or monounsaturated fats.

2 Snacking may keep me from becoming ravenously hungry and overeating at mealtime.

Fact: Healthful snacking – including carbohydrates and protein, like whole grain crackers with low-fat cheese or fat-free yogurt with fresh fruit – can help your body stay fueled so you will be less inclined to overeat at your next meal. But don't overdo it on the snacks; keep your portions small.

3 Eating too many carbohydrates causes weight gain.

Fiction: Calories are calories. Consume too many calories, from any source – carbohydrates, fat or protein – combined with a sedentary lifestyle, and you are more likely to gain weight. Despite the claims of "low-carb" weight-loss plans, a high-carbohydrate diet doesn't cause your body to store fat by enhancing insulin resistance. Excess calories from any source are stored as fat.

4 Vegetarian diets are healthful.

Fact: A well-planned healthful vegetarian eating plan emphasizes fruits, vegetables, whole grains and fat-free or low-fat dairy or dairy alternatives and is low in saturated fats, trans fats, cholesterol, salt and added sugars. Depending on the type of vegetarian diet, protein sources may include eggs, milk, cheese, yogurt, soy-based products, grain foods such as bread, cereal, pasta and rice, beans and nuts. With planning, most people, including children, can healthfully follow a vegetarian diet.

5 Eating sugar causes diabetes.

Fiction: Diabetes is caused by a lack of insulin in your body. Since foods that are high in sugar also are often high in calories, overeating those foods can lead to weight gain. Research shows people who are overweight and obese are at increased risk for diabetes.



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6 Fad diets work.

Fact, with a significant "but." You may lose pounds quickly on a fad diet. But over the long term, you are unlikely to maintain that loss. Fad dieters often return to their old eating habits and regain the weight. Meanwhile, many fad diets require you to give up foods or entire food groups that most people need for good health. The best way to reach and maintain a healthy weight is to develop an eating plan you can follow for life, combined with regular physical activity.

7 Frozen or canned fruits and vegetables are not as nutritious as fresh.

Fiction: In almost all cases, there is little nutritional difference between frozen or canned and fresh. In fact, canned or frozen produce is generally processed at its peak, so it may contain more nutrients than fresh produce. On the other hand, canned or frozen produce may contain added sugar or salt. Read food labels when purchasing these items.

8 It's easy to spot whole-grain food products: They're brown.

Fiction: Color is not a reliable method for identifying healthy food products. The most reliable information is on the food label. To get the full range of health benefits provided by whole grains, including fiber, vitamins, minerals and antioxidant, eat three or more servings of whole grains every day.

9 I should limit my daily salt intake to about one teaspoon.

Fact: According to the 2005 *Dietary Guidelines for Americans*, most people's daily sodium intake should be 2,300 milligrams or less. That's about the amount of sodium in one teaspoon of salt. Research shows that limiting sodium to less than 2,300 milligrams per day may reduce your risk of high blood pressure. Keep in mind, most of the sodium we eat comes from processed foods, so check the Nutrition Facts food label for information on the amount of sodium contained in a serving of your favorite foods.

10 I'll gain about 10 pounds a year by eating an extra 100 calories a day.

Fact: One hundred calories per day adds up to about a pound of weight gain per month. On the other hand, look at it this way: You can lose 10 pounds in a year by cutting 100 calories per day and increasing your physical activity. Try to get at least 30 minutes of activity most days of the week.



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