

nutrition quiz



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NATURAL FOOD IS HEALTHIER THAN OTHER FOODS.

False. While natural may be healthy, it does not have anything to do with the nutrients in a food.

VEGETARIANS ARE HEALTHIER THAN NON-VEGETARIANS.

False. Eating a vegetarian diet may be a healthy way to eat, provided it is well planned. Simply eliminating meat without replacing it with appropriate foods will not guarantee good health.

2

3

EVERYONE NEEDS A VITAMIN/MINERAL SUPPLEMENT.

False. There are certainly situations where a supplement may be helpful. For instance, if you can not tolerate milk products or if you are using oral contraceptives or if you are a smoker, taking a supplement may be a good idea.

ORGANIC AND NATURAL ARE THE SAME?

Natural and organic are not interchangeable. Other truthful claims, such as free-range, hormone-free, and natural, can still appear on food labels. However, don't confuse these terms with "organic." Only food labeled "organic" has been certified as meeting USDA organic standards.

4

SMOOTHIES ARE GOOD FOR YOU.

True and false. Depending on the ingredients they are made with, smoothies may be chock full of nutrients. If they are made with fresh fruit rather than syrup, they will provide you with plenty of vitamins. Regardless of what is in a smoothie, they are often quite high in calories and may not be a good choice for a beverage if you are concerned about your calorie intake. You might choose them as a healthy snack.

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