

1. True or False:

Pink grapefruit is higher in vitamin A than white grapefruit.

>Answer: True

Grapefruit is high in many vitamins, including vitamin A but pink grapefruit contain a higher amount.

[www.medicalfoodnews.com](http://www.medicalfoodnews.com)

2. To maintain a healthy, balanced diet, how much protein should the average person consume?

per day?

A. 5.5 oz. > Answer: A

B. 10.25 oz.

C. 20 oz.

D. 1 lb.

It is believed that most sedentary people in America eat more than 50% more protein than Recommended. While protein is very important it is equally important to make sure that the portion consumed is lean, like white meats or soy products.

[http://exercise.about.com/cs/nutrition/a/protein\\_2.htm](http://exercise.about.com/cs/nutrition/a/protein_2.htm) and [www.mypyramid.gov](http://www.mypyramid.gov)

3. Omega -3 fatty acids help improve memory and learning and prevent depression. Which of these foods are a source of Omega-3 fatty acids?

A. Salmon

B. Walnuts

C. Kiwi Fruit

D. All of the above > Answer: D

Factmonster data base, 2007, Pearson Education

4. True or False:

Soy sauce is a blood thinner.

> Answer: True

Soy sauce contains anti-platelet agents that help thin the blood.

[Nutritionbite.com](http://Nutritionbite.com)

5. Which food is the best source of zinc?

A. Grains

B. Oysters > Answer: B

C. Dry Beans

D. Nuts

Zinc is very important to a person's diet. A deficiency in this mineral can cause health problems and lessen a persons immunity to diseases and colds.

[About.com:nutrition, 2010, http://health.learninginfo.org/benefits-of-zinc.htm](http://About.com:nutrition, 2010, http://health.learninginfo.org/benefits-of-zinc.htm)

6. Which type of bean contains the most dietary fiber?

A. Black Beans

B. Lentils > Answer B

C. Split Peas

D. Kidney Beans

from nal.usda.gov

7. True or False:

If an egg is cloudy white when broken open that means it is not fresh

Answer > False

It is cloudy white due to high carbon dioxide levels put into the egg after being laid.

ENC-online. Org

8. What are the symptoms of an iron deficiency...

A. Your skin will be dry and flaky

B. Your eyesight will be poor

C. You will feel tired and weak > Answer: C

D. You will have soft bones

Without iron your body cannot produce hemoglobin which is enables your red blood cells to carry oxygen. This is also known as anemia.

<http://www.mayoclinic.com/health/iron-deficiency-anemia/DS00323/> Umass.edu

9. How many calories are in an 8-ounce serving of orange juice?

A. 62

B. 112

C. 162

D. 192 > Answer: D

Orange juice along with most other juices are very high in sugar which in turn correlates to its high calorie count

[About.com: nutrition, 2010](#)

10. Which fast food has the most milligrams of sodium per serving size

A. Subway Double Meat BMT Footlong sandwich > Answer: A

B. Dairy Queen 4-piece Wild Buffalo Chicken Strip Basket

C. Arby's Sausage Gravy Biscuit Sandwich

D. Jack in the Box Sirloin Bacon and Cheese Burger

Subway's BMT sandwich has over 5700 milligrams of sodium!! The daily recommended intake is less than 2400 milligrams so that is over double, not counting the chips and drink that most people get with the meal!!!

[Fast Food Explorer, 2009](#)