



# FACT OR FICTION?

## National Nutrition Month® 2020 Quiz

Circle the correct answer.

1. A healthy eating style includes a limited number of foods. **FACT OR FICTION?**
2. Vegetable oils are an appropriate substitute for solid fats. **FACT OR FICTION?**
3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial as a form of exercise. **FACT OR FICTION?**
4. Portion sizes and serving sizes are the same thing. **FACT OR FICTION?**
5. It is recommended that calories from added sugars be limited to less than 10% of calories per day. **FACT OR FICTION?**
6. At least half the grains eaten daily should be whole grains. **FACT OR FICTION?**
7. One cup of calcium-fortified soymilk is considered one cup from the Dairy Group. **FACT OR FICTION?**
8. Meals that include seafood are recommended weekly. **FACT OR FICTION?**
9. Most Americans get enough dietary fiber on a daily basis. **FACT OR FICTION?**
10. Everyone needs the same amount of calories, which is 2,000 calories per day. **FACT OR FICTION?**

# FACT OR FICTION?

**eat right.** Academy of Nutrition and Dietetics

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### Answers

1. A healthy eating style includes a limited number of foods.

**FICTION:** A variety of nutritious foods from all of the food groups can make up a healthy eating style. Visit **ChooseMyPlate.gov** for more information.

2. Vegetable oils are an appropriate substitute for solid fats.

**FACT:** Solid fats have higher amounts of saturated fat and/or trans fats, which may increase the risk of heart disease. In comparison, oils provide more unsaturated fats, which are healthier.

3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial as a form of exercise.

**FICTION:** Although there are additional health benefits with increased physical activity, all activity counts, so make a goal to move more throughout the day. For more information, check out the **Move Your Way** website at: <https://health.gov/moveyourway>.

4. Portion sizes and serving sizes are the same thing.

**FICTION:** A portion is the amount you choose to eat or drink; whereas a serving size is used as a reference for what counts as a serving from one of the MyPlate food groups or the amount indicated on a Nutrition Facts label.

5. It is recommended that calories from added sugars be limited to less than 10% of calories per day.

**FACT:** Include healthier choices from the MyPlate food groups in place of foods and drinks with added sugars to better meet your nutrient needs.

6. At least half the grains eaten daily should be whole grains.

**FACT:** Due to the health benefits associated with whole grains, it is recommended that at least half of the daily recommended servings be from whole grain sources. An example would be substituting brown rice in place of white rice.

7. One cup of calcium-fortified soymilk is considered one cup from the Dairy Group.

**FACT:** Calcium-fortified soymilk is an option in the Dairy Group for people who choose not to consume milk, such as vegetarians.

8. Meals that include seafood are recommended weekly.

**FACT:** Fish and seafood provide important nutrients, including omega-3 fatty acids. Choose varieties that are lower in mercury, such as salmon and cod. "Advice about Eating Fish" is available for young children and women who are pregnant or breastfeeding. For more information, visit: <https://www.fda.gov/food/consumers/advice-about-eating-fish>.

9. Most Americans get enough dietary fiber on a daily basis.

**FICTION:** It is estimated that most people in the U.S. only consume half of the recommended amount of dietary fiber daily. Good sources include fruits, vegetables, and whole grains.

10. Everyone needs the same amount of calories, which is 2,000 calories per day.

**FICTION:** Although 2,000 calories per day can be found on the Nutrition Facts label and on menus, this is only used for general advice. Visit **ChooseMyPlate.gov** to create a MyPlate Plan, which includes food group targets based on your individual calorie needs or meet with a registered dietitian nutritionist for personalized nutrition guidance. To locate an RDN in your area, visit [www.eatright.org](http://www.eatright.org).

**EAT RIGHT**



**BITE BY BITE**

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