Nutrition Month Quiz

It’s time to test your nutrition knowledge....
True or False?

A 175g container of yogurt has as much protein as a large egg, is full of bone-building nutrients as well as healthful bacteria.

True
A 473ml bottle of apple juice is the calorie equivalent of 4 whole oranges.

True
True or False?

6 chicken fingers could be traded for a hamburger, a 250ml carton of milk, 8 baby carrots and an apple.

True
A “mayonnaisey” 10 inch tuna salad sub has more calories and fat than TWO quarter chicken dinners with baked potatoes, vegetables and a single slice of chocolate cake.

True
True or False?

A large frosted cinnamon bun has more fat than 14 slices of raisin bread.

True
True or False?

A box of 10 donuts is about the same calories as 8 fig cookies, 30 regular pretzel twists, a banana and a 250ml carton of chocolate milk.

True
Gigantic News!

The bigger the portion, the more we eat. Pass on the big size, just because they claim it’s a deal, or split it with a friend. You’ll save money and calories and your body with thank you for it.
True or False?

Two peanut butter packets are a serving of meat and Alternatives

True
True or False?

Three strawberry jam packets count as a serving of fruit

False

No amount of jam is a fruit serving, too much sugar too little fruit
True or False?

I eat Lactobacillus and Streptococcus!?

True

They are friendly bacteria that turn milk into yogurt. There are millions of them in every serving. And they’re really good for the healthy working of your gut!
Multiple Choice

How many servings of GRAIN PRODUCTS are there in a 12-inch submarine bun?

- A. 2 servings
- B. 5 servings
- C. 6 servings

Yes indeed! A 12 inch submarine bun gives you 6 servings of GRAIN PRODUCTS. Since Canada’s Food Guide recommends 5-12 servings a day, if you are on the lower end of energy requirements, this could be more than your entire days supply of GRAIN PRODUCTS. Think of sharing with a friend!
Multiple Choice

About how many servings of MEAT AND ALTERNATIVES are there in the meat patty of a quarter pound burger?

- A. 1 serving
- B. 2 servings
- C. 3 servings

A quarter pound (120g) burger gives you approximately 2 servings as one serving of MEAT AND ALTERNATIVES is 50-100g. Since Canada’s Food Guide recommends 2-3 servings a day, try a smaller burger instead!
How many servings of GRAIN PRODUCTS are there in a spaghetti dinner in a typical restaurant?

- A. 2 servings
- B. 4 servings
- C. 6 servings

A common portion size of spaghetti is 3 cups which equals 6 servings of GRAIN PRODUCTS. Eyeball the portion size you need and take the rest home.
Great Job!!

Now, here are some healthy tips to help you put your knowledge to the test!
Tip #1

✓ A single meal or day of eating rich foods will not make or break an otherwise healthy eating pattern. What you eat on a regular daily basis is what matters most. Enjoy your occasional indulgences but follow a healthy meal plan most of the time.
Tip #2

Eating breakfast every day can help improve concentration, reduce hunger and maintain a healthy weight. Look for fast and easy choices such as whole grain breads and muffins, cereal with milk, fruit and fruit juice, yogurt and yogurt shakes, cheese, and eggs, or be creative with last night's leftovers.
Tip #3

✓ Moderation doesn't mean giving up foods you love, it only means having a smaller amount less often. It's not just what you eat, but how often and how much, that really makes the difference.
Tip #4

✔ Remember to eat a VARIETY of foods because no single food is perfect. To get all the nutrients you need, enjoy as many different foods as possible from each of the four food groups in Canada's Food Guide to Healthy Eating.
Canadian adults do not get enough fibre. Women should aim for about 25 grams of fibre per day while men should aim for approximately 38 grams per day. Achieve this by eating plenty of plant foods - 5 or more servings of whole-grain products and 5 or more servings of vegetables and fruit each day. As you increase your fibre choices, drink lots of fluids.
Tip #6

✓ Fat provides energy and also helps your body absorb vitamins A, D, E and K. Cut back, but don't eliminate fat. Instead make lower fat choices more often including vegetables and fruit, lower fat dairy products and leaner meats. Flavour foods with salsa, lemon, mustards, chutney, herbs and spices.
Tip #7

- Work up to 60 minutes of activity each day - two 10-minute walks, 20 minutes of yard work, and 20 minutes of stretching, cycling, skating, or dancing - it all adds up and every little bit counts!
Tip #8

✓ If you eat out often order healthier choices such as whole grain breads or bagels for sandwiches; meals featuring vegetables such as stir fries, dark leafy green salads with dressing served on the side, vegetable based soups and pasta sauces; fruit salads and yogurt smoothies; bean or lentil dishes; meat or fish that are grilled or broiled instead of deep-fried.
Tip #9

✓ Make small and gradual changes to your eating and activity habits. Pick one eating and activity change and stick with it for several weeks before adding a new one. Small steps work better than giant leaps to improve healthy living habits for the long term.
Tip #10

Do Dinner – Together!

- Children who eat home-prepared meals are more likely to include more milk products; fruits, vegetables, and other fibre rich foods; and fewer fried foods and soft drinks than children who eat out. Try these tips for quick and easy family dinners:
  - **Plan Ahead:** Spend some time planning your dinner meals for the week. Make your grocery list based on your menus.
  - **Make the most of your time:** Cook casseroles or rice in bulk, freezing several portions to enjoy on days when you are in a hurry.
  - **Create family time:** Turn off the TV and enjoy time for our family to come together over a home-cooked meal!