

TRI-COUNTY Weight Loss & Nutrition Center

Food Quiz

As part of your ongoing Tri-County weight management program, we invite you to test your knowledge of food and nutrition. You will find the answers at the bottom of this page. Use the easy-to-follow Tri-County Food Guide to help you make decisions on what to eat and what not to eat. Hang this on the refrigerator for a quick and easy reference.

Stop & Think Questions

These questions cover the foods you should stop and think about before eating.

Question #1: Limiting the amount of trans and saturated fat in your diet not only helps decrease calories (which in turn promotes weight loss) but also helps lower your blood cholesterol. Which of these foods would you avoid if you want to decrease your saturated fat intake?

- a) fried chicken
- b) potato chips
- c) corn oil
- d) all of the above

Question #2: Simple carbohydrates are foods that are high and sugar and are quickly digested, which can lead to weight gain. Which of the following is not a simple carbohydrate?

- a) fruit juice
- b) high-fiber cereal
- c) soda pop
- d) chocolate cake

Question #3: A high sodium diet can lead to elevated blood pressure and fluid retention. Preliminary research also shows a possible link to weight gain. The best way to avoid having too much sodium (salt) in your diet is to:

- a) cook at home and only salt food to taste
- b) eat canned soup daily
- c) buy cold cuts from the deli
- d) eat a lot of fast food such as french fries

Caution Questions

These questions cover foods you can eat with Each meal if you limit your portions.

Question #4: A diet that includes lean protein helps you to feel full for a longer period of time, which could mean you will eat less. Which of the following is an example of a lean protein?

- a) chicken
- b) tuna
- c) skim milk
- d) all of the above

Question #5: While simple carbohydrates are digested more quickly, complex carbohydrates and high fiber foods are digested more slowly. This can increase your feeling of fullness, keep you feeling satisfied for a longer period of time, and prevent Constipation. Out of the following foods, which would be the best complex carbohydrate to choose:

- a) brown rice
- b) white rice
- c) pasta
- d) white dinner roll

Go Questions

These questions cover foods and activities you should include as part of your daily routine.

Question #6: A good way to add more fiber and micronutrients (vitamins and minerals) in your diet is to increase fruits and vegetables throughout the day. Of the following, which would be the best source of fiber and micronutrients?

- a) apple juice
- b) sweetened applesauce
- c) a fresh unpeeled apple
- d) apple pie filling from a can

Question #7: Consuming too many calories in the form of "sugared" beverages directly contributes to weight gain. Which of these beverages would you want to avoid?

- a) water and lemon
- b) sugar-free iced tea
- c) diet soda pop
- d) regular soda pop

Question #8: It is well known that Successful weight "losers" report weekly physical activity as the most important part of keeping the weight off for good. You can accomplish this by:

- a) taking the stairs instead of the escalator or elevator
- b) wearing a pedometer and walking 10,000 steps/day
- c) going to an aerobic exercise class 3 times per week
- d) all of the above

Question #9: Recent research is showing a link between increased stress and weight gain. A good way to help control your stress is to:

- a) get as little sleep as possible
- b) practice relaxation techniques such as meditation and deep breathing exercises
- c) increase the pressure at work by taking on more projects
- d) lead an inactive lifestyle

ANSWER KEY:

- 1)d, 2)b, 3)a, 4)d, 5)a, 6)c, 7) d, 8)d, 9)b