

NUTRITION QUIZ

Choose the answers you think are correct then check inside to see if you are right!

- Which seafood has the most calories per ounce?
a. Tuna c. Lobster
b. Shrimp d. Scallops
- A teaspoon of honey has the same number of calories as a teaspoon of sugar.
a. True b. False
- Which food has the most fiber?
a. 1/2 cup cooked Lima beans
b. 3 cups popcorn
c. 1 small apple
- Margarine has fewer calories than butter.
a. True b. False
- It is NOT possible to overdose on vitamins.
a. True b. False

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9 EASY WAYS TO GET 9 SERVINGS OF FRUITS AND VEGETABLES EVERY DAY!

- Grab an apple, orange, banana, pear, or other piece of fruit to eat on the go.
- Snack on raw veggies, such as baby carrots, pepper strips, broccoli, and celery.
- Stash bags of dried fruit in your car, purse, and at your desk for snacks.
- Pick up ready-made salads from the produce section for a quick meal - a medium-sized salad will give you two to three vegetable servings.
- Pile spinach leaves, broccoli, tomatoes, peppers, and onions on your pizza.
- Add strawberries, blueberries, bananas, and other brightly colored fruits - fresh, frozen, or canned - to your cereal, waffles, pancakes, or toast.
- Stir fresh or frozen vegetables into your pasta or omelet.
- Whip up smoothies made from fresh or frozen berries, ice, and yogurt.
- Jazz up soups or sauces with a can of kidney beans, peas, corn, or green beans.



Try This Great Recipe!

Rainbow Fruit Salad

FOR FRUIT SALAD

- 1 large mango, peeled, diced
- 2 C fresh blueberries
- 2 bananas, sliced
- 2 C fresh strawberries, halved
- 2 C seedless grapes
- 2 nectarines, unpeeled, sliced
- 1 kiwi fruit, peeled, sliced

HONEY-ORANGE SAUCE

- 1/3 C unsweetened orange juice
- 2 Tbsp lemon juice
- 1 1/2 Tbsp honey
- 1/4 tsp ground ginger
- dash nutmeg

- Prepare the fruit.
- Combine all ingredients for sauce and mix.
- Just before serving, pour honey-orange sauce over fruit.

Yield: 12 servings

Serving Size: 4-oz cup

Each serving provides:

Calories: 96

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 4 mg

Total fiber: 3 g

Protein: 1 g

Carbohydrates: 24 g

Potassium: 302 mg

Recipe from "Keep The Beat: Heart Healthy Recipes" from the National Heart, Lung and Blood Institute.

ANSWERS TO NUTRITION QUIZ

- (A) Tuna.**
One ounce of tuna has 41 calories; lobster, 26; shrimp, 26; scallops, 23.
- (B) False.**
A teaspoon of honey has 22 calories; sugar, 16.
- (C) 1 small apple.**
A small apple has 3.9 grams of fiber; 3 cups popcorn, 2.8; 1/2 cup cooked Lima beans, 1.4.
- (B) False.**
Both margarine and butter have 34 calories per teaspoon. Margarine has fewer calories from saturated fat.
- (B) False.**
Some vitamins can be toxic in excess amounts. Always follow recommended dosages. Talk to your healthcare provider and read package labels.