Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

Test your nutrition knowledge

We all know that a balanced, nutritious diet is important to achieve and maintain good health. A diet rich in fruits, vegetables, lean meat, and whole grains not only boosts our immune system but also helps prevent certain chronic diseases such as heart disease, stroke, and diabetes, as well as some cancers. It can keep our energy levels high and our minds sharp.



So, how nutrition savvy are you? Do you have the answers to better health? Take our test based on recommendations from *Canada's Food Guide* and find out.

Food for thought

How many servings of milk and alternatives should the average adult (aged 19-50) consume each day?

a) One

b) Two

c) Three

d) Four

2. **Which of these is the preferred energy source for the body?**

   a) Protein

   b) Carbohydrates

   c) Fats

   d) Fibre

3. ***Canada's Food Guide* recommends avoiding trans fats in the average diet. As asked in the Canadian Living nutrition quiz, what are trans fats?**

   a) Straight chain fatty acids that have a long shelf life

   b) Fats that raise cholesterol and are indicated in heart disease

   c) Fats found in processed foods such as certain types of margarine

   d) All of the above

4. **What type of fat is actually good for your health?**

   a) Polyunsaturated

   b) Hydrogenated

c) Saturated

5. **Which of the following is the best source for omega-3 fatty acids?**

   a) Olive oil

   b) Greek yogurt

   c) Salmon

   d) Beef

6. **This is essential for red blood cell production and a deficiency may cause anemia:**

   a) Magnesium

   b) Chromium

   c) Iodine

   d) Iron

7. **This is needed for healthier skin and to make cell membranes and hormones:**

   a) Fat

   b) Carbohydrates

   c) Fibre

   d) Vitamin C

8. **How many servings of vegetables and fruit should an adult woman eat every day?**

   a) Three to four

   b) Five to six

   c) Seven to eight

   d) Nine to ten

9. **How many times a week should you eat fish?**

   a) One

   b) Two

   c) Three

   d) Four

10. **All vegetables are nutritious, but what colours are the most nutritious?**

    a) Green and orange

    b) Green and yellow

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c) Green and red

Answers – how did you do?

1 – b

2 – b

3 – d

4 – a

5 – c

6 – d

7 – a

8 – c

9 – b

10 – a

What do the results mean?

1 – 3 **Poor.** We recommend you put down that donut and download a copy of *Canada's Food Guide*!

4 – 6 **Not bad.** Room for improvement though!

7 – 8 **Good.** You know your apples and oranges!

9 – 10 **Excellent.** You are a nutrition super star!

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