

NAME: \_\_\_\_\_ DEPT/PHONE: \_\_\_\_\_

## National Nutrition Month 2023 Quiz

*Circle your answers & return your completed quiz to the box for a chance to win the grand prize!*

1. Iron deficiency anemia is more common in vegetarians, compared with non-vegetarians.
  - a. True
  - b. False
2. Gluten-free foods are usually higher in fiber compared with comparable gluten-containing foods.
  - a. True
  - b. False
3. The DASH diet stands for:
  - a. Diet Algorithm to Stand up for Health
  - b. Dietary Approaches to Stop Hypertension
  - c. Dutch Agency for Supporting Health
  - d. Ditch and Avoid the Sugars and Hype
4. The Mediterranean diet has shown beneficial for which medical conditions?
  - a. Diabetes
  - b. Cardiovascular disease
  - c. Cognitive decline / dementia
  - d. All of the above
  - e. None of the above
5. Which of the following plant-based protein sources are considered a “complete protein” (meaning they contain sufficient amounts of all essential amino acids)?
  - a. Wheat
  - b. Almonds
  - c. Black beans
  - d. Soy
6. Which is the more likely medical concern of a high-fat / “keto” diet?
  - a. Increase in LDL “bad” cholesterol
  - b. Excessive fiber intake
  - c. Inadequate protein intake
  - d. Decrease in triglycerides
7. Which food is most likely to raise your total cholesterol the most?
  - a. Salmon
  - b. Beans
  - c. Coconut oil
  - d. Olive oil
8. Eggs are a good source of all the following EXCEPT:
  - a. Lutein
  - b. Fiber
  - c. Choline
  - d. Protein
9. The longest-living populations around the world tend to eat *mostly*:
  - a. Plants (i.e. vegetarian)
  - b. Fats (i.e. keto)
  - c. Fruits (i.e. fruitarian)
  - d. Meats (i.e. carnivore)
10. Which of the following diet styles has been shown to *reverse* signs of heart disease in humans?
  - a. Standard American diet
  - b. Vegan diet
  - c. DASH diet
  - d. Keto diet