

MyPlate Fruit Quiz

Quiz Questions:

1. Which of the following is part of the fruit group?

- a) Fresh apples
- b) Canned pears
- c) Dried apricots
- d) All of the above

2. How much fruit should most adults eat each day?

- a) 1.5 to 2 cups
- b) 1 to 1.5 cups
- c) 1 cup
- d) 0.5 to 1 cup

3. True or false?

According to MyPlate, 1 cup of chopped or sliced fruit, 1/2 cup of dried fruit, and 1 cup of 100% fruit juice each count as a single cup serving of fruit.

4. Fill in the blank: Fruits are sources of many essential nutrients that are underconsumed, including _____, _____, _____, and folate.

- a) Sodium, fat, cholesterol
- b) Trans fat, saturated fat, total fat
- c) Potassium, fiber, vitamin C
- d) Electrolytes, salt, sugar

5. MyPlate recommends that people increase their fruit intake by _____.

- a) Refrigerating sliced fruit for later
- b) Buying fresh fruits in season
- c) Both a and b
- d) Stocking up on vitamin supplements

Quiz Answers:

1. d) All of the above

According to MyPlate, "Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed."

2. a) 1.5 to 2 cups

Although recommendations vary by age, sex, and physical activity levels, most adults should eat between 1.5 and 2 cup servings of fruit per day.

3. True

Each of these servings counts as a cup of fruit.

4. c) Potassium, fiber, vitamin C

The Dietary Guidelines for Americans assert that both fiber and potassium are nutrients of concern in the American diet, which means that most

people don't get enough of them. Luckily, fruits are loaded with both, along with vitamin C and folate. What nutrition powerhouses!

5. c) Both a and b

MyPlate has lots of great advice when it comes to eating plenty of fruit. In addition to advising people to refrigerate prepared fruit so that it's handy when they need it and advocating buying fresh fruits in season for the best flavor and price, MyPlate also recommends that people buy some frozen, canned, and dried fruit so that they always have fruit on hand.

