Plant-Based Quiz

**Question #1:** A plant-based diet can help prevent disease. True or False?

True  
False

**Question #2:** A plant-based diet is a vegetarian diet. True or False?

True  
False

**Question #3:** A plant-based diet won't give me enough protein. True or False?

True  
False

**Question #4:** Legumes (beans and peas) are a good meat alternative. True or False?

True  
False

**Question #5:** Simply avoiding or cutting back on meat makes for a healthy diet. True or False?

True  
False

**Answers:**

**Question #1: True**  
A meat-based diet's high fat (especially saturated fat), low-fiber content contributes to obesity, diabetes, certain cancers, and heart disease. A plant-based diet, along with adequate exercise, can help prevent these diseases.

**Question #2: False**  
A plant-based diet consists mainly of vegetables, fruits, grains, and legumes, with modest amounts of meat. The key is to take the focus away from meat, making it a side dish or condiment instead of the main entrée.

**Question #3: False**  
As long as you eat a variety of foods, you should get an adequate amount of protein in your plant-based diet.

**Question #4: True**  
Legumes provide protein and iron, making them a good nutritional substitute to meat. They are also a good source of fiber. Use them in place of meat in chili, burritos, lasagna, and soups. Serve them over rice or pasta or add them to soups and salads.

**Question #5: False**  
Cutting the meat in your diet doesn't automatically make it healthier. Be sure to add healthful foods in its place. French fries and macaroni and cheese may be meatless, but they are not low in fat. Be sure to eat at least 4.5 cups of fruits and vegetables, plus a variety of whole grains daily.

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