

# Nutrition Month Quiz!

How well are you putting your best fork forward this Nutrition Month? Find out with this speedy and helpful quiz!

1. True or false? Each one of us holds the tool to make healthier food choices.

- A. True
- B. False

2. According to the Dietary Guidelines for Americans, you should “Focus on \_\_\_\_\_” as you plan your eating pattern.

- A. Calories
- B. Trying new foods every day
- C. Variety, nutrient density, and amount
- D. Added sugars and saturated fat

3. Which of the following is *not* one of MyPlate’s food groups?

- A. Protein
- B. Fats/oils
- C. Fruits
- D. Grains

4. True or false? How much we eat is as important as what we eat.

- A. True
- B. False

5. Fill in the blank. Making small shifts in what you eat \_\_\_\_\_ add up over time.

- A. Can
- B. Cannot

## Answers:

1. A. True  
That quote actually comes straight

from the Nutrition Month homepage at the Academy of Nutrition and Dietetics. It’s one of the inspirations for this year’s slogan. *You* have the power to change and improve your eating pattern.

2. C. Variety, nutrient density, and amount

These are the 3 keys to a healthful eating pattern. According to the guidelines, “To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.”

3. B. Fats/oils

MyPlate is made up of fruits, vegetables, grains, protein, and dairy. Although MyPlate addresses fats and oils, they do not get their own space on the plate graphic.

4. A. True

That’s actually a central tenet of this year’s National Nutrition Month celebration. For more information, visit [eatright.org](http://eatright.org).

5. A. Can

That’s right, those small shifts can actually make a huge impact. Plus, smaller shifts are easier to sustain.

