



HEALTHY EATING – FACT OR FICTION?

With so much nutritional information out there, how do you separate fact from fiction? Test your knowledge with our quiz below.



#1 We should be eating 10 servings of fruit and veg every day?

#2 If I eat lots of fruit I don't need to eat any vegetables?



#3 Your fruit and vegetable intake must come from fresh fruit and vegetables only?

#4 Wholegrain bread, beans and lentils are a rich source of fibre?



#5 A diet containing adequate fibre will help prevent constipation, & lower blood cholesterol?

#6 Carbohydrates are bad for you?



#7 There is more calcium in skimmed milk than in a full fat milk?

#8 Sunlight is a source of vitamin D?



#9 A diet containing an adequate calcium and vitamin D will help prevent against osteoporosis?

#10 Spinach is the best source of iron?



#11 Oily fish is the only source of omega 3?

#12 Saturated fat is better for you than monounsaturated or polyunsaturated fat?





#1 FACT

Fruit and vegetables are:

- low in fat and calories
- contain vitamins and minerals that help reduce our risk of certain diseases
- rich in soluble fibre which helps improve cholesterol levels

#2 FICTION

You need to eat a wide variety of fruit and vegetables for a healthy diet.

A serving = a handful (ie: peas) or one piece (ie: an apple).

#3 FICTION

Your fruit and vegetable portions can be made up of dried, frozen or tinned fruit and vegetables

#4 FACT

- Wholemeal or wholegrain bread has about 2g of fibre per slice. White bread has had most of the fibre removed.
- Beans, peas and lentils are all good sources of fibre. There is 6.8g of fibre in 150g of baked beans; 100g of boiled lentils contains 8g.

#5 FACT

Government guidelines say our dietary fibre intake should increase to 30g a day, as part of a healthy balanced diet. As most adults are only eating an average of about 18g day, we need to find ways of increasing our intake. Swap

- white flour for wholegrain wheat flour when baking
- white bread and pasta for wholemeal options
- white crackers for carrot or celery sticks to have with hummus

#6 FICTION

Carbohydrates:

- are the main energy supply to fuel the body
- contain B group vitamins, fibre and iron
- wholegrains and/or low glycaemic index are best
- seeded breads, brown rice, porridge, oats, oatcakes, quinoa, baked potatoes, sweet potatoes are good sources of carbohydrates
- should be avoided in processed forms such as white bread, biscuits, crisps, cakes etc.

#7 FICTION

Skimmed milk contain less fat but the same amount of calcium.



#8 FACT

The body creates vitamin D from direct sunlight on the skin when outdoors (but not when you're wearing sunscreen - which is important to prevent sun damage). Consider taking a daily supplement containing 10 micrograms (400 IU).

#9 FACT

Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are needed to keep bones, teeth and muscles healthy.

#10 FICTION

There are two forms of dietary iron: heme (from animal sources) and nonheme (from plant sources). Some foods can help your body absorb iron from iron-rich foods; others can hinder it.

To absorb the most iron from the foods you eat, avoid drinking coffee or tea or consuming calcium-rich foods/drinks with meals containing iron-rich foods. Calcium itself can interfere. To improve your absorption of iron, eat it along with a good source of vitamin C - such as orange juice, broccoli, or strawberries - or eat nonheme iron foods with a food from the meat, fish, and poultry group.

#11 FICTION

Omega-3s are found naturally in some foods and are added to some fortified foods. You can get adequate amounts of omega-3s by eating a variety of foods, including:

1. Fish and other seafood (especially cold-water fatty fish, such as salmon, mackerel, tuna, herring, and sardines)
2. Nuts and seeds (such as flaxseed, chia seeds, and walnuts)
3. Plant oils (such as flaxseed oil, soybean oil, and canola oil)
4. Fortified foods (such as certain brands of eggs, yogurt, juices, milk, soy and beverages)

#12 FICTION

Saturated fat is a type of dietary fat. It is one of the unhealthy fats, along with trans fat. These fats are most often solid at room temperature.

Foods like butter, palm and coconut oils, cheese, and red meat have high amounts of saturated fat. Too much saturated fat in your diet can lead to heart disease and other health problems.

The government recommends that: men should not eat more than 30g of saturated fat a day; and women should not eat more than 20g of saturated fat a day.