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Nutritional Literacy Scale

Department of Family & Community Medicine

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We all hear a lot about nutrition and diet. On the next few pages is information you might see. Each piece of information is a sentence with some of the words missing. Look at the words listed below the blank line and pick the one that makes the most sense to you. Write the letter of that word on the blank line. Keep going until you finish. Thank you.

Healthy eating is really supposed to _		_our heart.
	a. grow	

b. age

c. help

d. bypass

However, no single food can supply all the nutrients in the ______ we need.

a. meals

- b. amount
- c. fiber
- d. portions

Eating a ______ of foods ensures you get all the nutrients needed for good health. a. lot

- h mai
- b. many
- c. variety
- d. pound

Grains, fruits and vegetables are food groups that form the basis of a(an)_____ diet.

- a. energy
- b. fat-free
- c. protein
- d. healthy

For a healthy diet, we are advised to eat five ______ of fruits and vegetables

- a. cups
- b. fibers
- c. grams
- d. servings

each ____

- a. day
- b. morning
- c. meal
- d. year

Foods like butter have lots of		fat which can i	ncrease cholesterol.
a.	calorie-free		
b	. bacon		
	saturated		
d	. diet		
We also know that cholesterol c	an be affected by	foods high in trans	s fatty
			a. oils
			b. acids
			c. fiber
			d. diet
Experts often say to	these foods,	because they are _	
a. avoid			a. delicious
b. use			b. healthy
c. drink			c. fattening
d. eat			d. calories
Fiber is the part of plant-based f	oods that your	does	not digest and absorb.
	-	body	-
	b.	portion	
	с.	weight	
	d.	eating	
Whole grains provide more	than p	processed grains.	
a.	weight		
b.	good		
	fiber		
d.	nutritious		
A good diet should contain appr	oximately 25 to 3	30 of	fiber a day.
		a. grams	
		b. ounces	
		c. portions	
		d. calories	
Calcium is	for bone health	1.	
a. essential			
b. osteoporosis			
c. expensive			
d. prescription			
As you age, your bones may get	thinner as miner	als are	·
		a. lost	
		b. weak	
		c. skinr	ny
		d. tall	

next page

Even in older people, Vitamin D is _	to keep bones healthy.	
	a. wants	
	b. sunny	
	c. mineral	
	d. needed	
Foods with added sugars are someting	mes called foods with empty	
1 oods with added sugars are someth	a. pounds	
	b. fat	
	c. calories	
	d. vitamins	
To preventfrom	bacteria, keep eggs in the	
a. omelets	a. pantry	
b. groceries	b. refrigerator.	
c. pain	c. frying pan	
d. illness	d. chicken	
Farmers who grow organic foods do	on't use methods to control week	de
Farmers who grow organic roous do	a. conventional	19.
	b. expensive	
	c. compost	
	d. herbal	
	niques such as crop rotation, rather than pesticides.	•
a. nutrients		
b. weeds		
c. markets		
d. it		
For this, as well as other reasons, or	ganic foodthan conventional fo	od.
	a. costs more	
	b. tastes better	
	c. cooks faster	
	d. has more fiber	
	h 10 grams of fat has 50% of its calories from fat.	
a. vitamin		
b. fiber		
c. serving		
d. exercise		
A 140-pound woman needs about 51	1 of protein a day.	
	a. servings	
	b. grams	
	c. portions	
	d. ounces	

Using fat-freea. sugars b. mayonnaise c. vitamins d. salads	on a sandwich can really	cut down on the grams of fat.
My doctor told me that "fat-free	a. b. c.	vitamin-free snack-free weight-free calorie-free
She also told me to make the siz	ze of mya. waistline b. portions c. glass d. calories	
a. fattening b. vitamins c. meals d. weight		
Age at last birthday		
Male Female		
African-American A	Asian Caucasian _	Hispanic
	ome high school	Graduated high school
Some college G Thank you!	Graduated college	Graduate education

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