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Nutritional Literacy Scale

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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
- 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

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Foods like butter have lots of _____ fat which can increase cholesterol.

- a. calorie-free
- b. bacon
- c. saturated**
- d. diet

We also know that cholesterol can be affected by foods high in trans fatty _____.

- a. oils
- b. acids**
- c. fiber
- d. diet

Experts often say to _____ these foods, because they are _____.

- | | |
|--|---|
| <ul style="list-style-type: none">a. avoidb. usec. drinkd. eat | <ul style="list-style-type: none">a. deliciousb. healthyc. fatteningd. calories |
|--|---|

Fiber is the part of plant-based foods that your _____ does not digest and absorb.

- a. body**
- b. portion
- c. weight
- d. eating

Whole grains provide more _____ than processed grains.

- a. weight
- b. good
- c. fiber**
- d. nutritious

A good diet should contain approximately 25 to 30 _____ of fiber a day.

- a. grams**
- b. ounces
- c. portions
- d. calories

Calcium is _____ for bone health.

- a. essential**
- b. osteoporosis
- c. expensive
- d. prescription

As you age, your bones may get thinner as minerals are _____.

- a. lost**
- b. weakened
- c. skinny
- d. tall

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Even in older people, Vitamin D is _____ to keep bones healthy.

- a. wants
- b. sunny
- c. mineral
- d. needed**

Foods with added sugars are sometimes called foods with empty_____.

- a. pounds
- b. fat
- c. calories**
- d. vitamins

To prevent_____ from bacteria, keep eggs in the _____

- a. omelets
 - b. groceries
 - c. pain
 - d. illness**
- a. pantry
 - b. refrigerator.**
 - c. frying pan
 - d. chicken

Farmers who grow organic foods don't use _____ methods to control weeds.

- a. conventional**
- b. expensive
- c. compost
- d. herbal

They control _____ by techniques such as crop rotation, rather than pesticides.

- a. nutrients
- b. weeds**
- c. markets
- d. it

For this, as well as other reasons, organic food _____ than conventional food.

- a. costs more**
- b. tastes better
- c. cooks faster
- d. has more fiber

A 180 calorie _____ with 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 _____ of protein a day.

- a. servings
- b. grams**
- c. portions
- d. ounces

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Using fat-free _____ on a sandwich can really cut down on the grams of fat.

- a. sugars
- b. mayonnaise**
- c. vitamins
- d. salads

My doctor told me that "fat-free" is not the same as _____.

- a. vitamin-free
- b. snack-free
- c. weight-free
- d. calorie-free**

She also told me to make the size of my _____ smaller to help control

- a. waistline
- b. portions**
- c. glass
- d. calories

my _____.

- a. fattening
- b. vitamins
- c. meals
- d. weight**

Age at last birthday _____

Male _____ Female _____

African-American _____ Asian _____ Caucasian _____ Hispanic _____

Other _____

Grade school _____ Some high school _____ Graduated high school _____

Some college _____ Graduated college _____ Graduate education _____

Thank you!
