



## Are the statements below **FACT or FICTION?**

Circle the correct answer

<b>1</b>	Half of our plate or bowl should be filled with vegetables and fruit.	<b>FACT or FICTION</b>
<b>2</b>	Our bodies cannot digest dietary fiber.	<b>FACT or FICTION</b>
<b>3</b>	Only older adults need to be concerned about bone health.	<b>FACT or FICTION</b>
<b>4</b>	At least 60 minutes of physical activity is recommended daily for kids 6 to 17 years old.	<b>FACT or FICTION</b>
<b>5</b>	Saturated fats are healthier than unsaturated fats.	<b>FACT or FICTION</b>
<b>6</b>	One cup of cooked or raw vegetables (except for leafy greens) count as a 1 cup serving.	<b>FACT or FICTION</b>
<b>7</b>	There are 5 Food Groups.	<b>FACT or FICTION</b>
<b>8</b>	All breads made with whole wheat flour are whole grains.	<b>FACT or FICTION</b>
<b>9</b>	Foods that provide water can count towards our fluid intake.	<b>FACT or FICTION</b>
<b>10</b>	Registered dietitian nutritionists are experts in food and nutrition.	<b>FACT or FICTION</b>



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## ANSWERS

1	According to <u>MyPlate</u> , fruits and vegetables should make up half our meal. The other half is divided so that it includes a protein food and some type of grain. A serving of dairy on the side makes sure that each food group is represented.	FACT
2	Dietary fiber provides many health benefits even though the human body is not able to digest it. Most Americans don't eat enough vegetables, fruits, and whole grains which provide dietary fiber.	FACT
3	Although we tend to think about the health of our bones when we get older due to the risk of osteoporosis, consuming enough nutrients, like calcium and vitamin D, at a young age is important for building strong bones early in life. Bone-strengthening activities, like jumping rope or running, is another way to help promote bone health.	FICTION
4	Sixty minutes or more of moderate-to-vigorous physical activity is recommended daily for school-age children. Adults are encouraged to move more during the day and to aim for at least 30 minutes of physical activity on most days of the week. All types of activity are beneficial and count towards physical activity.	FACT
5	It's actually the opposite — unsaturated fats are healthier than saturated fats. Ways to reduce saturated fat include replacing solid fats, like butter, with oils; selecting lean meats, fish and plant-based proteins like beans and tofu; and choosing low-fat or fat-free dairy. You can review the amount of saturated fat in foods and beverages by looking at the Nutrition Facts label.	FICTION
6	For vegetables other than leafy greens, a 1-cup serving is the same whether the vegetable is cooked or raw. The amount that counts as a 1-cup serving for leafy greens is one cup cooked or two cups fresh.	FACT
7	<u>MyPlate</u> represents the five food groups, which are: Fruits, Vegetables, Grains, Protein Foods, and Dairy.	FACT
8	For foods to be considered a whole grain, "whole wheat" or some other type of "whole grain" must be listed as the first ingredient (or second ingredient after water).	FICTION
9	Although it's important to drink water throughout the day, foods like fruits and vegetables also contain water and contribute to our fluid intake.	FACT
10	Registered dietitian nutritionists, also known as RDNs, are the food and nutrition experts. RDNs work in a variety of settings and help people live healthier lives.	FACT

**For more information or to Find a Nutrition Expert, visit [eatright.org](https://eatright.org).**

Sources: MyPlate.gov and U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov), and U.S. Department of Health and Human Services. *Physical Activity Guidelines for Americans, 2nd edition*. Washington, DC: U.S. Department of Health and Human Services; 2018. Available at <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>.

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