

## **Test Your Nutrition IQ: ANSWERS**

- 1. About 9%** Only 9.3% of U.S. adults eat the recommended amount of vegetables, which means just about all of us have room for improvement. Americans do a little better with fruit, though still, only around 12% meet the recommendations for how much fruit to eat.
- 2. Twice a week** If fish and other seafood are part of your diet, go for about 8 ounces a week. Salmon, sardines, and herring are some of the types that are rich in heart-healthy omega-3s. If you don't eat fish, you can also get omega-3s from flaxseeds, chia seeds, and walnuts.
- 3. King mackerel** Avoid fish with high mercury content. Four kinds of fish -- tilefish, shark, swordfish, and king mackerel -- have relatively high mercury content and should be eaten only occasionally. Pregnant women should avoid these fish (and should limit white albacore tuna to 6 ounces per week).
- 4. False** Although green peas are loaded with protein, they are considered a starchy vegetable like white potatoes, and you should limit starchy vegetables to 5-6 cups each week. Plant-derived protein foods include kidney beans, pinto beans, black beans, garbanzo beans (chickpeas), lima beans, black-eyed peas, split peas, and lentils.
- 5. Popcorn** A whole grain includes the entire grain seed, or kernel. Examples of whole grains are popcorn, wild rice, buckwheat, bulgur, millet, oatmeal, rolled oats, brown rice, and whole-grain barley, rye, and wheat. These foods may be eaten by themselves or found as ingredients in such foods as bread, cereals, and crackers. Multigrain bread usually is not 100% whole grain.
- 6. At least 50%** Refined grains have been milled to remove the bran and germ from the grain. This removes fiber, iron, and many B vitamins. You should replace at least half of the refined grains you eat with whole grains. The more you switch to whole grains, the better
- 7. Burgers and sandwiches** Most experts recommend that adults eat no more than 2,300 milligrams of sodium daily -- and no more than 1,500 milligrams if they have high blood pressure (hypertension) or prehypertension. On average, Americans get too much sodium -- 3,440 milligrams per day -- and should cut back.