

Answer Key for MyPyramid Self-Quiz

i Note: this symbol appears in answers to many of the quiz questions. It indicates that the text next to it tells you where you can find more information about the concept addressed by that question.

1. Jorge lost 20 pounds over the past several months. He really wants to keep the weight off and plans on doing daily physical activity. MyPyramid recommends how much daily physical activity to BEST maintain weight loss:
 - a. 30 minutes brisk walking
 - b. 45 minutes brisk walking
 - c. **70 minutes brisk walking**

It is much easier to prevent weight gain in the first place than to lose weight and work to keep it off. This is reflected in the following recommendations:

- *at least 30 minutes most days to reduce the risk of chronic disease*
- *up to 60 minutes most days to manage weight and prevent gradual gain*
- *at least 60-90 minutes daily to keep lost weight off*

While the Dietary Guidelines and MyPyramid recommend 3 different levels of activity depending on what you're trying to do with your weight, there is only one general recommendation for children – at least 60 minutes daily.

- i* *For more information, see page 3 of “MyPyramid Education Framework-Key concepts for educators” and the Physical Activity section of your MyPyramid Educator Reference Handbook. For more technical information, see pages 19-21 of the Dietary Guidelines for Americans.*

2. Jim is trying to do a better job at meeting the MyPyramid recommendations for whole grains. This was his menu today.

Breakfast

½ cup oatmeal
1 c fat free milk
1 slice white toast with jam *have whole wheat toast*

Lunch

2 oz. turkey/cheese/lettuce/ cucumber sandwich on 2 slices white bread
1 c fat free milk *use whole wheat bread on sandwich*
1 baked potato with 1 tsp butter
2 oreo cookies *have oatmeal cookies*

Supper

3 oz. chicken with 2 c. broccoli/carrot/onion/ginger stir fry
1 cup rice *use brown rice*
1 c fat free milk
1 c pineapple

Snack

Banana
1 oz. peanuts

List 2 ways that Jim could improve his whole grain intake: *see notes in menu above*

3. You are shopping for whole grains in the grocery store.
Which of the following grains do you know are whole grains? (Circle the whole grains)

Popcorn	Crackers
Bulgur	Pretzels
Oatmeal	Whole wheat bread
Brown rice	Multi-grain bread
Cornmeal	Noodles
Bran cereal	Cracked wheat bread
Corn tortillas	

For the grains you are not sure about, how can you tell whether they are whole grains?

Check the ingredient list on the food label. For many products, the words “whole” or “whole grain” will appear before the grain ingredient’s name.

Note: cornbread, corn tortillas, couscous, crackers, flour tortillas, noodles, and pitas are usually made from refined grains. Some are made from whole grains. Check the ingredient list. Likewise, foods labeled with the words “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not whole-grain products.

- i* For more information, see page 4 of “MyPyramid Education Framework-Key concepts for educators” and the Grains section of your MyPyramid Educator Reference Handbook.

For questions #4-9: Miranda needs about 2000 calories per day. Help Miranda with her eating pattern.

4. Miranda eats a 4-ounce bagel for breakfast every morning. How many ounces of grains does that leave her for the rest of her day?
- a. 0 ounces b. 4 ounces c. **2 ounces**

Questions #4-9 are based on a 2000 calorie eating pattern, which is the reference amount appropriate for general adult nutrition education. To see the 2000 calorie eating pattern, look in the “Intake Patterns and Tracking Worksheets” section of your MyPyramid Educator Reference Handbook.

5. Miranda ate 1 small apple, 1 cup orange juice and 1 cup apple juice today.

How many cups of fruit did she eat? 3 cups

According to MyPyramid, how could she adjust her fruit choices?

Miranda only needs 2 cups of fruit in a day for her 2,000 calorie eating pattern, so she doesn't need one of those cups of juice. Miranda could also get more of her fruit from whole fruit rather than juice. MyPyramid recommends choosing whole fruit rather than juice, in order to get the most nutrition out of your calories.

i For more information see page 7 of “MyPyramid Education Framework-Key concepts for educators” and the Fruits section of your MyPyramid Educator Reference Handbook.

6. Miranda needs help figuring out how many cups of orange vegetables she should eat weekly and how to work it into her diet.

How many cups does she need? 2 cups

How would you help her?

Depending on what Miranda is interested in and what she already knows, any of the following might be helpful:

teaching her what the orange vegetables are (winter squash like acorn, butternut and pumpkin, carrots, sweet potatoes)

providing an opportunity for her to learn how to prepare them and to taste them

brainstorming ideas about how she could include orange vegetables in her meals during the week - such as adding grated carrots to sandwiches and salads, having soup with orange vegetables, adding pumpkin puree to pancakes, breads and milkshakes, eating raw baby carrots for snacks, substituting sweet potatoes for white potatoes with dinner

teaching her what different amounts of orange vegetables look like so she has an idea how much 2 cups is

teaching her how to buy and store them

other aspects of helping Miranda eat orange vegetables??

i For more information see page 5 of “MyPyramid Education Framework-Key concepts for educators” and the Vegetables section of your MyPyramid Educator Reference Handbook.

7. Miranda is making some changes in her diet. Here is her new planned menu for tomorrow:

Breakfast

Cold cereal

1 c bran flakes

1 c 2% milk

1 small banana

1 slice whole wheat toast & 1 tsp soft margarine

1 c prune/apple juice

Lunch

Tuna fish sandwich

2 slices rye bread

2 oz. Tuna

2 tsp mayonnaise

1 tsp pickle relish

½ cup baked beans

½ cup baby carrots

1 medium pear

1 c 2% milk

Dinner

Roasted chicken breast 3 oz. (skinless)

1 large baked sweet potato

½ c peas and onions & 1 tsp soft margarine

1 oz. whole wheat dinner roll

1 c leafy green salad

Snacks

¼ c dried apricots

1 c low fat fruited yogurt

How many cups and ounces is she getting from the different food groups?

Grains 5 ounces

Milk 3 cups

Vegetables 2 1/2* cups

Meat & Beans 7* ounces

Fruits 3 cups

** If you included baked beans in the vegetable group instead of the meat and beans group, then Miranda had 3 cups from the vegetable group and 5 ounces from the meat and beans group. Beans can either contribute to the vegetable group (where you just count cups) or to the meat and beans group (where ¼ cup cooked is 1 ounce). In working with low-income families we often use them in the meat and beans group because they are an affordable alternative to meat.*

8. Did Miranda meet her needs from the milk group? *Yes*

9. What change could Miranda make in her choice of milk that would help her lower the amount of saturated fat she eats?

She could think about switching to 1% or fat free milk

Why might Miranda want to do this?

The type of fat in milk is saturated fat, which comes largely from foods that are animal foods (i.e. milk is from cows). Too much saturated fat (which is a solid fat) can raise blood cholesterol levels. By choosing milk with less fat, Miranda can get the health benefits from milk without as much saturated fat.

i For more information, see bottom of the “Health benefits and nutrients” page in the Milk section of your MyPyramid Educator Reference Handbook.

10. Miranda’s cousin avoids milk because of lactose intolerance. What are 3 things her cousin could try in order to get the health benefits of milk and to get enough calcium?

choose milk foods with less lactose like cheese, yogurt

use lactose-free milk (like LACTAID®) or take lactase enzyme tablets before drinking milk

use non-dairy sources of calcium like calcium-fortified juices, cereals, breads, and soy products; canned sardines or salmon with bones, dried beans, and leafy greens like turnip greens, kale, and bok choy

i For more information see “Tips for Making Wise Choices” in the Milk section of your MyPyramid Educator Reference Handbook.

11. You are teaching about one of the food groups. As an introduction, you mention that it is part of an overall healthy (MyPyramid) eating pattern by showing the 2,000 calorie eating pattern. Some of your learners say 2000 calories does not sound right for them. What do you say?

You could compliment them for being so observant; explain that it is true that different people need different numbers of calories depending on age, gender, and activity level. To see their own eating pattern, they can go to MyPyramid.gov on their own, or you could offer to help them find their eating pattern at the end of class by using information from the website that you have brought along with you (also in the MyPyramid Educator Reference Handbook).

12. MyPyramid recommends eating a variety of foods from the Meat and Beans group in order to provide a variety of nutrients in the diet, including essential fatty acids (unsaturated fats) and vitamin E.

Name 3 foods from the meat and beans group that are higher in saturated fats:

ground beef, steak, sausage, bacon, bologna, hot dogs

Name 3 foods from the meat and beans group that are higher in unsaturated fats (monounsaturated and polyunsaturated):

fish, nuts, seeds

i For more information see page 9 of “MyPyramid Education Framework-Key concepts for educators” and “Why is it important to make lean or low-fat choices from the meat and beans group?” in the Meat and Beans section of your MyPyramid Educator Reference Handbook.

13. MyPyramid emphasizes 3 sub groups of vegetables that Americans need to eat more often for good health. What are these 3 groups of vegetables?

dark green, orange, dry beans and peas

good examples of affordable green and orange vegetables to promote to low-income learners might include: collards, kale, romaine lettuce, broccoli, spinach, beet greens; also canned and fresh pumpkin, winter squash, and carrots. These are all available at Farmers Markets.

14. You have been asked to teach about vegetables. What vegetables will you emphasize in your teaching?

most likely dark green, orange, dry beans and peas – because national dietary survey data says that most Americans do not get enough of these subgroups

i For more information see pages 5-6 of “MyPyramid Education Framework-Key concepts for educators” and the Vegetables section of your MyPyramid Educator Reference Handbook.

15. MyPyramid recommends certain groups of people avoid fish high in mercury. Fish, however, is a source of important nutrients. Which of the following fish are low in mercury and safe to consume on a weekly basis (circle your answers):

bluegill walleye salmon swordfish
 canned light tuna catfish shrimp

Why are some people advised to avoid fish high in mercury?

Mercury is toxic to developing nervous systems. The federal and state governments warn pregnant women, breastfeeding women and children (those under 15 years of age) to avoid fish that may be high in mercury or other chemical contaminants. Women who may become pregnant should also avoid fish high in mercury. Some fish should always be avoided: shark, swordfish, king mackerel, tilefish. Other fish may safely be consumed once per week by all people: bluegill, sunfish, perch, canned light tuna, salmon, and shrimp. Fish that may be safely consumed once per month by all people include: walleye, largemouth and smallmouth bass, northern pike, lake and river catfish, and other sport fish. *Note, canned white (albacore) tuna is higher in mercury than light tuna and should be consumed not more than once per week.*

i

For more information, see <http://www.cfsan.fda.gov/~dms/admehg3.html>

For local and Wisconsin fish consumption advisories see

<http://www.dnr.state.wi.us/org/water/fhp/fish/pages/consumption/>

A handout describing fish consumption guidelines for Wisconsin residents is available on the web http://www.wisc.edu/foodsafety/assets/pdf_Files/Fish_consumption.pdf

16. MyPyramid recommends choosing most of your fats as liquid oils and eating less solid fats. Different types of fats are listed below. Put an ‘S’ next to the solid fats and put an ‘L’ next to the liquid oils.

<u> </u> S <u> </u> butter	<u> </u> S <u> </u> stick margarine
<u> </u> S <u> </u> lard	<u> </u> L <u> </u> vegetable oil
<u> </u> L <u> </u> soft tub margarine	<u> </u> L <u> </u> mayonnaise

Why does MyPyramid recommend choosing most of your fats as liquid oils and eating less solid fats?

i

Liquid oils have more monounsaturated and polyunsaturated fats in them, which are fats that are better for health. Oils are also the major source of vitamin E in American diets. Solid fats (saturated and trans) tend to raise “bad” (LDL) cholesterol levels in the blood, which increases the risk for heart disease. For more information see page 11 of “MyPyramid Education Framework-Key concepts for educators” and the Oils section of your MyPyramid Educator Reference Handbook.

17. Below are some different cooking methods for meat. Circle the low-fat cooking methods.

frying

roasting

broiling

grilling

i

In addition to buying lean foods from the meat and beans group, you can use preparation methods that do not add fat. For more about this, see page 9 of “ MyPyramid Education Framework-Key concepts for educators” and see “Tips to help you make wise choices from the meat and beans group” in the Meat and Beans section of your MyPyramid Educator Reference Handbook.

18. Circle the foods that would be more likely to contain *trans* fats.

Commercial bakery cookies

Salmon

Canola oil

Crackers

Stick Margarine

Fast Food French Fries

To see the main sources of trans fats in the American diet, see page 34 of the Dietary Guidelines for Americans. The best way to be sure whether a food contains trans fat is to look for grams of trans fat listed in the Nutrition Facts panel. This is more reliable than looking for the words “partially hydrogenated” in the ingredient list.

19. Review the ingredient list and underline all of the added sugars:

Cookie ingredients: Enriched wheat flour, sugar, vegetable shortening, oats, corn syrup, high fructose corn syrup, salt, spice, cornstarch, gelatin, dextrose and artificial flavors and colors.

Why is it important to be able to identify added sugars on a food label?

People who eat foods and beverages high in added sugars tend to eat more calories than those who eat foods and beverages low in added sugars. They also tend to eat lower amounts of vitamins and minerals. Choosing foods with less added sugar is one way to get the most nutrition for your calories.

i

For more information see page 12 of “ MyPyramid Education Framework-Key concepts for educators.”

20. Edna at the Spring Valley Senior Center is worried about her salt intake ever since her doctor told her to watch it. As a nutrition educator, you know that national survey data tells you what the two major sources of sodium are in the American diet. Based on what you know, what can you tell Edna are the 2 main approaches she can take to keep the amount of salt she eats in check?

she can buy foods with less sodium by reading labels

she can add less salt to her food (at the table and in cooking)

National dietary surveys show that 77% of the sodium Americans eat has been added during processing to the foods that they buy. Another 11% comes from salt they add at the table or during cooking. Just 12% of the sodium Americans eat is naturally occurring. For more information see page 13 of “MyPyramid Education Framework-Key concepts for educators” and pages 39-42 in the Dietary Guidelines for Americans.

i

21. Joe is trying to get the most nutrients for his calories. Take a look at what he ate yesterday and help him think about how he could reduce his solid fats, added sugars, and other “extra” calories. Joe may not be ready to change everything, but find the places on this menu where Joe could get more nutrition for his calories, and make a suggestion for how he could do that in each of those places.

Breakfast

Sweet roll
Sunny D

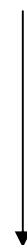
3 cans of soda
throughout the day

Lunch

BLT (3 slices bacon) on buttered whole wheat bread
sandwich cookies
Peaches canned in heavy syrup
2% milk

Dinner

Beer
8 ounce T-bone steak
Baked potato with sour cream
Tossed salad with bleu cheese dressing



Sweet roll has added sugar and probably has trans fat in it too. He could switch to something with less of both like an English muffin. Or he could switch to cereal – even a sweetened cereal would at least not have the trans fat.

Sunny D is added sugar and water. He could switch to something with more nutrition like 100% juice (or a piece of fruit) or milk. Likewise, the soda is a source of added sugar and few nutrients. He could choose water or unsweetened iced tea for thirst during the day.

BLT – bacon is a fatty food made from animals, so it is high in saturated fat. He could choose something leaner like ham, or have just 1 slice instead of 3. Butter is also high in

saturated fat. He could skip the butter or use less of it. If he used soft margarine instead, that would help him get less saturated fat but it would still be the same extra calories.

Sandwich cookies probably contain trans fat, plus added sugars. A better way to round out his lunch might be to have vegetable soup or low-fat cole slaw. For something sweet with less fat and added sugar, he could try Fig Newtons® or graham crackers.

Peaches canned in heavy syrup have added sugars – he could save a few extra calories by eating peaches canned in light syrup or in their own juice.

Milk – if he switched to 1% or fat-free milk, he could reduce the amount of saturated fat he is eating and he would be getting fewer calories too.

Beer - alcohol is a source of calories without many nutrients, so if he is really trying to get the most nutrition for his calories, he would need to decide if the beer is worth the calories.

Steak, sour cream, and bleu cheese dressing – all sources of saturated fat, which provides extra calories. He could choose a leaner cut of meat or a different meat altogether, like fish or chicken. He could use reduced fat sour cream or substitute low-fat yogurt. He could use a lower-fat dressing.