

ACTIVITY: BOOST YOUR NUTRITION

Although you're reducing calories to lose weight, your basic vitamin and mineral requirements remain the same. The best way to meet your nutritional needs on fewer calories is to choose a variety of foods that are packed with good nutrition. (See the *Vitamins and Minerals* module for a review of nutrients and their food sources.)

Read each question below and circle the correct answers.

- 1. Which three of these foods provide the most calcium?**
 - a. yogurt
 - b. milk
 - c. strawberries
 - d. broccoli
 - e. peanuts
- 2. Which two of these foods provide the most vitamin C?**
 - a. apples
 - b. oranges
 - c. potatoes
 - d. eggs
- 3. Which two of these foods contain the most vitamin A?**
 - a. sweet potatoes
 - b. fish
 - c. spinach
 - d. banana
- 4. Which three of these foods contain the most iron?**
 - a. legumes
 - b. beef
 - c. milk
 - d. fortified cereals
 - e. oranges
- 5. Which three of these foods contain the most vitamin B12?**
 - a. spinach
 - b. eggs
 - c. beef
 - d. legumes
 - e. chicken
- 6. Which three of these foods contain the most folate?**
 - a. orange juice
 - b. fish
 - c. enriched grains/fortified cereals
 - d. yogurt
 - e. spinach
- 7. Which two of these foods contain the most zinc?**
 - a. melons
 - b. lettuce
 - c. seafood
 - d. milk