

HOME ECONOMICS

GUIDE



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Nutrifact Series

Nutrifacts About Nutrient Teamwork

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Test Your Nutrition Knowledge. Rate yourself by checking either the "true" or "false" box next to each of the following statements.

- | | True | False | True | False |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. Calories are nutrients. | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 2. If your diet is lacking in one nutrient, it can call upon another nutrient to do a specific job in the body. | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 3. Proteins can be used for energy if too little fat and carbohydrate are eaten. | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 4. Because we obtain so much water in the foods we eat, we only need to drink 3 glasses of water each day. | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 5. Proteins are furnished to the body through animal sources only. | <input type="checkbox"/> | <input type="checkbox"/> | | |
| 6. If you eat a wide variety of nutritious foods, there is usually no need for vitamin and mineral supplements. | | | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Carbohydrate foods such as breads and potatoes are more fattening than protein foods such as steak. | | | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Cholesterol is bad for your health and should be avoided at all possible costs. | | | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Alcoholic beverages contribute high amounts of calories to the diet, but no nutrients. | | | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Grandmother was right when she said that roughage or fiber in the diet helped with bowel regularity. | | | <input type="checkbox"/> | <input type="checkbox"/> |

Now check your answers. Correct responses score one point.

1. **False.** The major nutrients include water, carbohydrates, proteins, fats, vitamins and minerals. Calories are a measure of the energy supplied by food. Carbohydrates, fats and proteins are the only nutrients that supply calories or energy. Water, vitamins and minerals do not supply calories.
2. **False.** The six major nutrients work together as a team to keep us healthy. Each has a specific job to do and no nutrient can take the place of another.
3. **True.** However, fats and carbohydrates are the preferred energy sources. Proteins can be used to meet body energy needs, but they will not be available for their most important job—building and repair of body parts. For this reason, diets low in carbohydrates and/or fats can be dangerous because valuable protein must be broken down for body energy needs.
4. **False.** Most people need 6-8 glasses of water each day in addition to the foods they eat. Water is such an important nutrient that people can live only a few days without it, whereas they can survive for weeks without food.
5. **False.** Proteins are available from a wide variety of plant and animal foods. In general, animal proteins are higher in quality than proteins from plant sources.
6. **True.** There is no known advantage to consuming excess amounts of any nutrient. Vitamin and mineral supplements are usually not needed in your diet if you choose from a wide variety of foods. However, women who are pregnant or breast feeding need larger amounts of many nutrients, including iron, folacin, vitamin A, calcium, and energy from carbohydrates, proteins and fats. Your doctor and dietitian can advise you in cases where nutrient supplementation may be necessary.
7. **False.** Excess amounts of calories, or energy, from any sources—proteins, fats, or carbohydrates—will lead to obesity. It is incorrect to label one type of food calorie as more “FATTENING” than another.
8. **False.** Cholesterol is present in nearly every body cell and is necessary for health maintenance. It is impossible to avoid cholesterol because it is made by the body as well supplied by the diet. However, research indicates that it is advisable to avoid excessive intakes of cholesterol-rich food.
9. **True.** Alcoholic beverages are high in calories and low in nutrients. They may take the place of other nutritious foods in your diet causing deficiencies of essential nutrients such as vitamins and minerals. If alcoholic beverages are included in your diet, you must plan your food choices wisely to get the most nutrients possible without consuming too many calories.
10. **True.** High fiber foods are necessary for good bowel function and to prevent constipation. Fiber is a complex carbohydrate found in whole grain breads and cereals, bran, dry peas and beans, nuts, fruits and vegetables.

How did you rate?

- 9 to 10—Excellent! You are a “nutrition superstar”.
- 7 to 8—Good, but you may want to “bone up” on some points.
- 6 or below:—Fair to poor. You need to read specific Guidesheets on proteins, carbohydrates, fats and other nutrients.

For additional information about the Nutrifacts topic, refer to guidesheets in the NUTRICHAT SERIES.