



Food Connects Us

2025 NATIONAL NUTRITION MONTH®

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

Circle the correct answer

1	The serving size listed on a Nutrition Facts label reflects the amount that a person should eat or drink.	FACT or FICTION
2	The human body relies mainly on protein to function.	FACT or FICTION
3	MyPlate serves as a guide for healthy meals.	FACT or FICTION
4	Eating the exact same foods every day is recommended for a healthy eating pattern.	FACT or FICTION
5	About 85% of our daily calories are needed to meet food group recommendations.	FACT or FICTION
6	All grains provide dietary fiber.	FACT or FICTION
7	Food safety is only a concern for foods if they are uncooked or raw.	FACT or FICTION
8	Activities like running, jumping rope, and playing hopscotch can help to strengthen bones.	FACT or FICTION
9	For most people, nutrients should come primarily from foods, not supplements.	FACT or FICTION
10	Sugar-sweetened beverages are a top source of added sugars for Americans.	FACT or FICTION



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ANSWERS

1	The serving size listed on a Nutrition Facts label reflects how much people tend to consume. It's not a recommended serving size.	FICTION
2	In addition to protein, the human body needs a regular supply of other nutrients including carbohydrates, fats, vitamins, minerals and water to support all of its functions.	FICTION
3	MyPlate symbolizes each of the food groups and can be adapted to different food preferences and cuisines.	FACT
4	It's better to eat a variety of healthy foods, including different colored vegetables and fruits, to get an assortment of nutrients we need for good health.	FICTION
5	Most of our calories each day should come from nutrient-dense foods and drinks, which means they contain no or little amounts of added sugars, saturated fat, and sodium.	FACT
6	Whole grains are a source of dietary fiber, whereas refined grains go through a process that removes it. Look for grains that list a whole grain as the first ingredient (or second after water). Foods that provide 10% or more of the Daily Value per serving are good sources of dietary fiber.	FICTION
7	Food safety is important for both cooked and raw foods. Steps you can take to promote food safety include: hand washing, preventing cross-contamination between raw and cooked foods, cooking foods to an appropriate internal temperature, and storing foods properly.	FICTION
8	These types of activities require bones to support our body weight, and this helps to strengthen them.	FACT
9	Eating a variety of foods regularly from each group will help to meet nutrient needs. There are times when a dietary supplement may be needed, but it's best to discuss first with a health care provider like a registered dietitian nutritionist.	FACT
10	Sodas and other sweetened drinks are a main source of added sugars. <i>The Dietary Guidelines for Americans</i> recommends choosing drinks with beneficial nutrients such as water, fat-free or low-fat milk, fortified soymilk, or 100% fruit juice.	FACT

For more information or to Find a Nutrition Expert, visit eatright.org.