



Are the Statements Below **FACT** or **FICTION**?

Circle the correct answer

1	Consuming raw milk can cause serious health risks.	FACT or FICTION
2	A vegetarian diet can provide adequate protein and energy for adults.	FACT or FICTION
3	Seed oils can be found in a healthful, balanced diet.	FACT or FICTION
4	Sugars found naturally in fruit and milk are the same as sugars added to foods, like candies and cookies.	FACT or FICTION
5	Dietary fiber is a beneficial type of carbohydrate found in fruits, vegetables, whole grains, beans, nuts and seeds.	FACT or FICTION
6	Individuals who are pregnant or breastfeed should avoid fish.	FACT or FICTION
7	It's important to use soap whenever washing hands.	FACT or FICTION
8	Doing some physical activity is better than doing none.	FACT or FICTION
9	Everyone should take a vitamin or mineral supplement.	FACT or FICTION
10	Registered dietitian nutritionists are experts in food and nutrition.	FACT or FICTION





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ANSWERS

1	Raw milk is milk that has not been pasteurized. Pasteurization removes dangerous bacteria from the milk without compromising milk's nutritional benefits.	FACT
2	A vegetarian eating style can meet nutrient needs, including protein, for adults across all activity levels, if it's well-planned and includes a variety of foods and adequate calories.	FACT
3	Current research supports using seed oils as part of a balanced diet, particularly as alternatives to saturated fats. As with any fat, seed oils are best used in moderation alongside a diet that emphasizes whole, minimally processed foods.	FACT
4	Foods and beverages that contain naturally occurring sugars, such as fruit, milk and yogurt provide important nutrients. In comparison, foods and drinks with added sugars, such as desserts and soft drinks, often contain no beneficial nutrients.	FICTION
5	Although the body can't use fiber efficiently for fuel, it's an important part of a healthy diet. Fiber may help reduce cholesterol levels, help us to feel full longer, help with blood sugar control and improve digestive health.	FACT
6	Consuming low-mercury fish, one to two times per week, is recommended for individuals who are pregnant or breastfeeding. Moderate scientific evidence suggests that consuming lower-mercury fish during pregnancy and breastfeeding can help with baby's cognitive development.	FICTION
7	Using soap is important to fully remove bacteria and other germs from hands each time you wash your hands.	FACT
8	Research has shown that even a little physical activity is better than being sedentary.	FACT
9	For most people, nutrient needs should be obtained through food sources. When a person's diet is lacking in certain foods and nutrients, a vitamin or mineral supplement may be required. There are also higher requirements in some cases, such as during pregnancy or with a diagnosed deficiency. Always check with a health care provider before taking a dietary supplement.	FICTION
10	Registered dietitian nutritionists, also known as RDNs, are the food and nutrition experts. RDNs work in a variety of settings and help people live healthier lives.	FACT

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

Sources: CDC. Food safety: Raw Milk. Academy of Nutrition and Dietetics. Nutrition Fact Check: Seed Oils. Food and Drug Administration. Advice About Eating Fish. CDC. Clean Hands: Handwashing Facts. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition.

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