

Healthy Eating Quiz

1. How much calcium does an adult need each day?

1. 400mg
2. 100mg
3. 700mg
4. 100g

For adults, **700mg** is the recommended daily calcium allowance, to maintain healthy teeth and bones. Try including two to three portions of calcium-rich foods each day. This could include 30g of hard cheese, 200ml glass of milk, or 125ml carton of yoghurt. If you don't eat dairy, look for alternative products that have added calcium, such as fortified soya yoghurt.

2. How many 200ml glasses of water should an adult drink each day?

- a. 12 for men, or 10 for women
- b. 10 for men, or 8 for women
- c. 8 for men, or 6 for women
- d. 6 for men, or 4 for women

A man should drink ten 200ml glasses of water a day, and a woman should drink eight glasses of water daily. But it can change depending on the temperature, humidity, if you're exercising, pregnant or breastfeeding. Children need less, and if you're pregnant, you'll need a little more.

3. Which of these foods does not count towards your five-a-day?

- a. Sweet potatoes
- b. Parsnips
- c. Potatoes
- d. Orange juice

Ordinary white **potatoes** don't count because they're a starchy food, but sweet potatoes do. The other foods here also count towards your five-a-day. But make sure any juice you drink is 100 per cent fruit juice and only have one serving (150 ml) per day.

4. How many portions of fish should you eat each week?

- a. 8
- b. 6
- c. 4
- d. 2

You should try to eat **two portions of fish each week.** One of them should be an oily fish, such as mackerel, trout or salmon, which are good sources of omega-3. 140g of fish counts as one portion (the size of the palm of your hand). If you don't eat fish you can get omega-3 from nuts and seeds, vegetable oils, such as rapeseed and linseed, and soya products such as milk and tofu.

5. For a food to be 'low-sugar', what's the maximum amount of sugar it can contain?

- a. No more than 5g per 100g for food and 2.5g per 100ml for drink
- b. No more than 7.5g per 100g for food and 5g per 100ml for drink
- c. No more than 10g per 100g for food and 7.5g per 100ml for drink
- d. No more than 12.5g per 100g for food and 10g per 100ml for drink

A low-sugar food should contain **no more than 5g of sugar per 100g**, and a low-sugar drink should have no more than 2.5g of sugar per 100ml.

6. How many grams of salt is the recommended daily allowance for adults in the UK?

- a. 5g
- b. 6g
- c. 7g
- d. 8g

You should have **no more than 6g of salt each day**. This is the same as one teaspoon and includes salt already added to any food you buy. The recommended amounts of salt for children and babies is lower. So, check the nutrition labels and try and buy foods that are naturally low in salt, or have no added salt.

7. One gram of protein, or one gram of carbohydrates, provides four calories of energy. But how many calories does one gram of fat provide?

- a. 2
- b. 4
- c. 8
- d. 9

One gram of fat provides **nine calories of energy**. This means that foods high in fat tend to be higher in calories.

8. Where does most of your vitamin D come from?

- a. Eggs
- b. Fortified breakfast cereal
- c. Sunlight
- d. Oily fish

Your body makes most of your vitamin D under your skin when you're outside in the **sunlight**, during the summer months. That's why vitamin D is sometimes called the 'sunshine vitamin'. You can also get small amounts from oily fish, eggs, margarine, cod liver oil and some breakfast cereals.

9. What's the recommended daily intake of fibre for an adult?

- a. 17g
- b. 30g
- c. 19g
- d. 20g

Adults are recommended to have around **30g of dietary fibre each day**. But most people in the UK don't eat enough. For example, a bowl of high-fibre cereal like bran flakes contains 4g. Children should try to eat 20g of dietary fibre each day.

10. Which of these is a healthier choice of fat?

- a. Trans fats
- b. Unsaturated fats
- c. Saturated fats
- d. None of the above

All foods contain a mixture of fats. However, choosing food that contains **higher amounts of unsaturated fats**, found in foods like seeds, nuts and avocados, is the healthier choice. Saturated and trans fat are found in higher amounts in processed food like cake and biscuits, so check food labels.