

## Answers: How Well Do You Know Nutrients?

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1. What is the primary function of Carbohydrates?  
(i.e. Why do we need to eat carbohydrates?) They:  
**C. Provide the main source of energy for our body.**
2. Name a food source that contains Carbohydrates:  
**E. All of the above (milk, fruit, corn)**
3. T/F: White forms of Carbohydrates (potato, rice, pasta, flour, sugar) are “bad”& should be avoided?  
**False. Most Americans consume too much sugar, “enriched” grains, & unhealthy forms of potatoes, but that doesn’t mean we must eliminate all “white foods”. Limit added sugars & make at least half your grains “whole” grains.**
4. Carbohydrates are digested (i.e. “broken down) into **Glucose** to be used by the body.  
Also, we need help from a hormone called **insulin** that acts like a key to “unlock” the cells of our body to use glucose for energy!
5. Why should we eat Fiber?  
**E. All of the above. (Maintains bowel health, helps lower cholesterol levels, improves blood sugar levels, aids weight loss.)**
6. What is the primary function of Protein? (i.e. why do we need to eat protein?)  
**D. All of the above.** (It builds & repairs the body’s cells & tissues (like muscle); it maintains a healthy immune system; it carries oxygen in our blood.)
7. Name a lean source of protein:  
**B. Cuts of meat with the words “Loin” or “Round”**  
**When consuming chicken, skinless chicken breast is the leaner choice.**  
**When consuming ground turkey, make sure it says: “Ground Turkey Breast”, otherwise, you could be getting a mix of white meat, dark meat, even skin!**
8. Name a non-meat source that contains Protein:  
**D. All of the above (milk, beans, tofu)**
9. Proteins are digested (i.e. broken down) into **amino acids** to be used by the body.
10. What is the primary function of Fats? (i.e. why do we need to eat fat?)  
**D. B & C (To absorb fat-soluble vitamins; helps us to feel full when eating.)**  
**Fat not only absorbs fat-soluble vitamins, but provides insulation & protects organs, among other body processes. It also provides flavor & satiety, without it, we would likely overconsume foods in other food groups, often not the healthy choices either.**

*Nutrient Quiz Answers, continued*

11. Which is true about Saturated Fats?

- A. They are solid at room temperature.
- B. They come from primarily animal sources.
- C. Eating a lot of saturated fat increases blood cholesterol levels & heart disease risk.
- D. Coconut Oil is a saturated fat.
- E. **All of the above.**

12. Which is true about Monounsaturated Fats?

- A. Canola Oil is a monounsaturated fat.
- B. Monounsaturated fat may protect against heart disease.
- C. They are liquid at room temperature.
- D. Coconut oil is a monounsaturated fat.
- E. **All but D.**

**\*Contrary to what you might read in the media, coconut oil has the highest percent of saturated fat than any other fat source. So why the hype? Some say that a component of coconut oil (referred to as “MCT”), may boost the “good” cholesterol (HDL). However, it is still a saturated fat that can not only raise the “bad” cholesterol, but is calorie-dense. Meaning, it provides a lot of calories without a lot of nutrients. Most reputable sources encourage consuming the majority of your fat intake from unsaturated sources.**

13. Which is true about Polyunsaturated Fats?

- D. **All of the above.** (They come from plant sources, are liquid at room temperature, & there are many sources: not just corn & soybean, but also sunflower & safflower.)

14. Which is true about Trans Fat?

**Answer: F. All but E.** (They are the most unhealthy type of fat; they can be naturally occurring, but are man-made by taking a liquid vegetable oil & processing it into a solid; primarily to be a cheap source of fat with a long shelf life for food products.)

**\*Small amounts can be found naturally in meat & dairy products. If there is less than 0.5 grams of trans fat per serving, a company can list “0” grams of trans fat. To be sure, look in the ingredient list for “partially hydrogenated oil”.**

15. T/F: Omega-3 Fatty Acids are considered “essential” because our body can not make them & we need to get them from a food source. True.

**\*Some good food sources include fatty fish (salmon), walnuts, flaxseed.**

16. Which is true about Water?

**Answer=E. A & B.** (The majority of the human body is water & it’s function is to regulate body temperature.

**\*It is a nutrient! It may not provide energy via calories, but if we are dehydrated, we will likely feel tired (among other symptoms). Thirst is not a good indicator because our thirst mechanism decreases with age & with some medications. By the time some people feel thirsty, they may be dehydrated! Sometimes when we feel hungry, we might actually be thirsty! The next time you get a craving for a snack, try drinking 4-8 oz. of water & waiting 20 minutes to see if you are actually hungry!**

17. Which is true about Vitamins & Minerals?

**Answer: B. The best way to meet your vitamin & mineral needs is to consume a variety of foods from each food group.**