

Nutrition Knowledge

<i>True or False...</i>	<i>Answer</i>
Wheat is bad for you.	FALSE! Wheat is packed with important nutrients. Unless you have a wheat allergy or a gluten intolerance, wheat is an important part of a healthy diet.
Sea salt is a lower sodium alternative to table salt.	FALSE! Table salt, kosher salt, and most sea salts are all 40% sodium by weight.
Carbs are bad for me.	FALSE! There are many benefits to eating carbohydrates. Grains provide fiber, iron, and B vitamins. Portion control is very important, and make sure you choose more whole grains. Ideally, at least half of your grains should be whole.
Fresh is best, always!	FALSE! The nutritional value of canned and frozen fruits and vegetables is the same and in some cases better than fresh. Fresh fruits and vegetables are best when they are purchased in season. Not only do they have a higher amount of vitamins and minerals but they are often more affordable too.
I don't have to eat healthy. I can just take vitamin pills.	FALSE! Your body absorbs vitamins and minerals at different rates throughout the day. Because of this it is always better to get your daily intake of vitamins and minerals through the foods you eat. Always check with your doctor before starting a multivitamin.
High Fructose Corn Syrup (HFCS) is no different than table sugar.	TRUE! HFCS and table sugar are very similar. It is important to limit your consumption of all sugars—no matter what form. It is recommended that you only consume between 100-150 calories (6-9 teaspoons) of added sugars a day to decrease your risk of weight gain, diabetes, and heart disease.

Why not have **Just Say Yes to Fruits and Vegetables** visit your food pantry, soup kitchen or shelter? We provide free nutrition education, along with taste samples of healthy recipes and free gifts. Please give us a call for more info.

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