**Personal Health and Finance Quiz: Information Sheet for Health Questions**

1. Breakfast is defined as: the first meal of the day, usually eaten in the morning.

2. A sugar-sweetened beverage has sugar added. Sugar has many names so any of these words on the list of ingredients: sugar, high-fructose corn syrup, brown sugar, corn sweetener, corn syrup, dextrose, fruit juice concentrates, glucose, honey, invert sugar, molasses, sucrose, syrup, or cane sugar.

3. This means 3 ½-4 ½ cups of both fruits and vegetables per day. It does not mean that you eat either fruits or vegetables alone. On a 2,000 calorie diet, that would be 1 ½ cups of fruit and 2-3 cups of vegetables each day that are green, yellow, red, or orange. Visit [How Many Fruits and Vegetables Do You Need?](http://www.cdc.gov/nutrition/everyone/fruitsvegetables/howmany.html) Fill in your age, sex, and physical activity level and the calculator will tell you how many cups of fruit/vegetables you need to eat daily.

Here are some examples of what counts as 1 cup of fruit (**Source:** [http://www.choosemyplate.gov/printpages/MyPlateFoodGroups/Fruits/food-groups.fruits-counts.pdf](http://www.choosemyplate.gov/printpages/MyPlateFoodGroups/Fruits/food-groups.fruits-counts.pdf))

- One small apple, one banana, one medium grapefruit or pear, one large orange or peach
- 3 medium or 2 large plums
- 1 cup of applesauce, canned fruit, fruit cocktail, pineapple chunks, fruit sections, and diced fruit or fruit balls
- 8 large strawberries or 32 seedless grapes
- 1 cup of fruit juice (orange, apple, grape, grapefruit, etc.)
- ½ cup of dried fruit (raisins, prunes, apricots, etc.)

Here are some examples of what counts as one cup of vegetables (**Source:** [http://www.choosemyplate.gov/printpages/MyPlateFoodGroups/Vegetables/food-groups.vegetables-counts.pdf](http://www.choosemyplate.gov/printpages/MyPlateFoodGroups/Vegetables/food-groups.vegetables-counts.pdf))

- 1 cup of chopped raw vegetables (e.g., carrots) or mashed cooked vegetables (e.g., potatoes)
- 1 cup of cooked spinach (equivalent to 2 cups raw spinach) or canned tomatoes
- 1 large tomato and sweet potato
- 1 medium baked potato
- 20 medium to long French fries (note: contains added calories from solid fats)
- 2 cups of raw shredded lettuce
- 1 large (8” to 9”) ear of corn

4. Get at least 7 hours of sleep each night. Research indicates that adults need enough sleep to prevent risk factors of chronic diseases, obesity, and work-related injuries. See [http://www.cdc.gov/sleep/about_sleep/chronic_disease.htm](http://www.cdc.gov/sleep/about_sleep/chronic_disease.htm) and [http://www.cdc.gov/sleep/about_sleep/how_much_sleep.htm](http://www.cdc.gov/sleep/about_sleep/how_much_sleep.htm)

5. While the quiz only asks if you eat 1-2 high fiber foods per day, here is some additional information about dietary fiber. It is recommended that you get 14 grams of dietary fiber for every 1,000 calories you consume each day. To find out how many calories you need each day, visit: [Food Plans at MyPlate.gov](http://www.choosemyplate.gov/printpages/MyPlateFoodGroups/food-plans/calories/day.html) and refer to the chart below to find out the recommended amount of fiber you need based on age and gender groups.
In general, to consume enough fiber, eat at least 1 ½ - 2 cups of fruit and 2 ½ cups of vegetables each day. Some specific examples of high fiber foods include:

- **Beans** such as: navy (1/2 cup = 9.5 grams), kidney (1/2 cup = 8.2 grams), and pinto (1/2 cup = 7.7 grams)

- **Fruits and vegetables** such as (1 medium sweet potato = 4.8 grams), (1 small pear = 4.4 grams), (1/2 cup raspberries = 4.0 grams), (1/2 cup spinach = 3.5 grams), (1 medium apple = 3.3 grams), (1 medium orange = 3.1 grams), (1 cup strawberries = 3.3 grams), and (1 cup seedless raisins = 5.4 grams)

- **Whole-grain breads and cereals and pastas** instead of refined white bread

- **Brown rice** instead of white rice

- **Oatmeal** and **multiple-grain cereals** instead of those that are not

- **100% whole wheat products** instead of those that are not

Check the Nutrition Facts Label on food products for amounts of dietary fiber in each serving and aim for 5 grams of fiber per serving.

6. Fat-free, non-fat and skim dairy products mean the same thing. The recommendation for consuming low-fat dairy products is to choose a 1% product which is low-in total fat and cholesterol.

7. Avoid high calorie salad dressings, gravies, sauces and spreads. Aim for a Healthy Weight and try these recipes that cut the fat and calories and still are tasty.  

8. Consuming foods low in fat and saturated fat will protect your heart and reduce your risk for multiple diseases.  

9. In general getting at least 30 minutes of exercise most days is recommended for adults and 60 minutes of exercise for youth. More is needed to lose weight and keep it off. See http://www.health.gov/paguidelines/ for information on the Physical Activity Guidelines for Americans for different age groups and different individual needs. Varying the types of exercise weekly should include aerobic, stretching and active lifestyle activities. See http://www.health.gov/paguidelines/resources/ for more information on physical activity.

10. The recommendation to drink at least eight 8-ounce glasses of water and other fluids a day includes milk, juice, coffee, tea, and caffeinated beverages. Water is the preferred option, however, because it is calorie-free and inexpensive. For additional information about daily recommendations for drinking water and other fluids, see http://www.cnn.com/HEALTH/library/water/NU00283.html.