

Nutrition Quiz: True or False

(Source: www.PCRM.com)

- 1) We need milk to get enough calcium to protect us against osteoporosis
- **False** - Green leafy vegetables, such as kale, are better than milk as calcium sources
- 2) A diet high in protein is healthy
- **False** - Excess protein has been linked with osteoporosis, kidney disease, calcium stones in the urinary tract, and some cancers

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- 3) The best source of protein is animal foods such as meat, chicken, eggs, fish, and dairy
- **False** - pork (45%), salmon (44%), chicken (42%), skim milk (40%), eggs (35%), beef (34%), and cheddar cheese (25%)
- Brown rice is 9% protein, potatoes are 10% protein, wheat flour is 18% protein, oatmeal is 19% protein, black beans are 35% protein, mushrooms are 35% protein, and asparagus is 43% protein
- The broccoli is the plant protein superstar – 50%!

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- 4) Plant foods do not have complete protein
- **False** - Proteins are composed of 20 amino acids. Only 8 of them are “essential” – meaning that these have to be obtained from food
- It **IS** a myth that only animal products provide enough of the essential 8
- Another conventional wisdom (another myth!) is that animal protein is superior to plant protein because it is believed to be the only source for complete proteins containing all 20 amino acids

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- 5) Eating white meat like chicken is better off than red meat in lowering calories and cholesterol
- **False** - A 3.5 oz serving of skinless, boneless chicken breast has 165 calories and a 3.5 oz serving of beef eye or round roast has 166 calories. A 3 oz piece of steak gets 75 mg of cholesterol vs. 3 oz piece of skinless chicken gets 72 mg of cholesterol

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- 6) We can protect ourselves against heart disease and cancer by switching to low-fat animal foods such as chicken, seafood, dairy, and skim milk and by omitting red meat
- **False** - Calorie for calorie shrimp has 6 times of cholesterol than beef
- Dairy is called liquid meat because it contains just as much cholesterol as red meat
- Drinking 3 glasses of milk a day, as the dairy industry and our government recommend, gives the same amount of artery-clogging cholesterol as 21 slices of bacon
- 1 pint of dairy ice cream equals 24 slices of bacon
- “2%” milk is 35% fat! (vs. whole milk 49%)