

Tricky Questions Card Deck:

I don't drink milk. What should I have instead for calcium?	Does fresh produce have more nutrients than canned or frozen produce?
What's better: butter, margarine, or other types of spreads?	Why is eating whole grains important?
What am I supposed to look for on the Nutrition Facts panel?	Should I buy organic food?
Fresh fish is so expensive. Is frozen okay?	Can you trust the information on a food package?
Is almond milk better for you than regular milk?	Are the percentages on the Nutrition Facts panel supposed to equal 100%?
Is organic food better for you?	What sort of oil should I cook with?
Everyone is so picky that we always have to make at least two different meals for dinner. What can I do?	What is a unit price?
How can I make food taste good without salt?	I don't like water. Does coffee or juice count? How about those flavored waters with vitamins?

Tricky Questions Card Deck:

How do you know meat is cooked enough?	Why is there no percent daily value for sugar or protein?
How long can something be stored in the freezer?	Can you get fiber from anything other than whole grains?
Does shopping with a list really save money?	I've heard there is a lot of mercury in fish, is it bad to eat?

Advice on how to answer these tricky questions:

<p>Does fresh produce have more nutrients than canned or frozen produce?</p>	<p>Each type of produce has its pros and cons, like texture and price etc. Frozen and canned produce are picked and preserved at the peak of freshness, however, so their nutrients are preserved- just watch the label to avoid added salt or sugar.</p> <p style="text-align: center;">(Refer to “Fresh, Frozen and Canned” handout)</p>
<p>Why is eating whole grains important?</p>	<p>Whole grains have all parts of the grain intact. This means that all the vitamins and minerals are there, as well as the fiber that helps you feel full and regulates digestive health.</p>
<p>Should I buy organic food?</p>	<p>Not necessarily. Organic food is more of a personal preference. It is usually more expensive, but not necessarily more “healthy.” Organic labeling means that it is food grown without the use of chemical pesticides/herbicides. You can wash NON-ORGANIC produce really well at home, and it will still give you the nutrients you need.</p>
<p>Can you trust the information on a food package?</p>	<p>There are federal regulations about how companies measure nutrients and what claims they can make on the labels. Sometimes they can be confusing, for example, “multigrain” on bread that’s not actually whole wheat.</p> <p>But you can check the nutrition facts panel <u>and ingredients list</u> on the back to find out the truth, just watch out for serving size.</p>
<p>Are the percentages on the Nutrition Facts panel supposed to equal 100%?</p>	<p>The percentages on the Nutrition Facts label show how much of your “Percent Daily Value” of that particular nutrient you will receive by eating 1 serving size of the item. This “Percent Daily Value” is a RECOMMENDED amount, and is based on a 2,000 calorie diet (most of us eat a little less than that).</p>
<p>What sort of oil should I cook with?</p>	<p>Most plant based oils are great sources of healthy fats. For example, olive oil is great for dressings and cooking at medium heat. Canola oil is good for high heat.</p>
<p>What is a unit price?</p>	<p>Unit prices are the prices listed that show the price per UNIT (such as pound, or ounce). They are usually written on the label in a smaller size, and to the bottom or side of the store’s sale price for the item.</p> <p>Unit prices come in handy when comparing two brands of the same item and same unit, or when comparing the cost savings of buying a smaller or larger size of the same item.</p> <p style="text-align: center;">(Refer to “Compare Prices” handout)</p>
<p>I don’t like water. Does coffee or juice count? How about those flavored waters with vitamins?</p>	<p>There are great healthy ways to flavor your water without all the sugar that could be in coffee/juice/vitamin water. You can make fizzy drinks, add fresh fruit/mint, or tea.</p> <p>Coffee, juice, and flavored waters all have water content. However, they also have added and natural sugars, chemicals, and other preservatives which cancel out the health benefits that come from drinking water itself.</p> <p style="text-align: center;">(Refer to “Drink to Your Health” handout)</p>

Advice on how to answer these tricky questions:

<p>I don't drink milk. What should I have instead for calcium?</p>	<p>Besides dairy products, vegetables are also great sources of calcium such as collard greens, turnip greens, spinach, kale, and broccoli.</p> <p style="text-align: center;">(Refer to "Counting Up Calcium" handout)</p>
<p>What's better: butter, margarine, or other types of spreads?</p>	<p>Butter is a type of saturated fat, and margarine is a trans fat (as well as some spreads)</p> <p>Trans fat, like saturated fat, increases blood cholesterol levels and the risk of heart disease.</p> <p>Unsaturated fats like vegetable-based oils are the healthy fats. A great tip is to refrigerate olive oil, for example, and then it turns solid once cold, and you can use it as a spread for your breads, etc.</p> <p style="text-align: center;">(Refer to "Know Your Fats" handout)</p>
<p>What am I supposed to look for on the Nutrition Facts panel?</p>	<p>Sodium, Saturated Fat, Sugar > all of these you want in small quantities</p> <p>Fiber & Protein > all of these are okay to be in higher quantities</p> <p style="text-align: center;">(Refer to "Reading Food Labels" handout)</p>
<p>Fresh fish is so expensive. Is frozen okay?</p>	<p>Frozen is definitely okay! Just make sure it's not BREADED or FRIED or SEASONED—seasoning you could add yourself for much cheaper than what it will cost in the store.</p> <p>Another good option is canned—as long as it's canned with NO SALT ADDED and IN WATER. Salmon, tuna, and sardines are all great canned fish options.</p>
<p>Is almond milk better for you than regular milk?</p>	<p>There is not conclusive evidence right now that almond milk 's nutrients are anywhere comparable to the nutrients found in milk. If you are able to have dairy (without allergy) then we recommend milk, and milk products as the best way of getting those nutrients rather than almond or soy.</p> <p>Lactaid is a great option for those with lactose intolerance since it is still a dairy and contains all the same nutrients EXCEPT for the "lactose" which causes the allergy.</p>
<p>Everyone is so picky that we always have to make at least two different meals for dinner. What can I do?</p>	<ol style="list-style-type: none"> 1) Have them involved—when they help cook the food, they can get excited to eat it 2) Set a good example—sometimes other people's reactions have an effect on others' willingness to try new food 3) Be creative/Make it Fun—Sauces, Dips, Spreads, Toppings can add flavor or grating vegetables into soups and casseroles 4) Include one food in the meal that they like 5) Have a routine 6) Reduce distractions
<p>How can I make food taste good without salt?</p>	<p>Other seasonings like herbs, garlic, and dried spices are great options (check the label on spice blends for sodium though).</p> <p style="text-align: center;">(Refer to "Spice It Up" handout)</p>

Advice on how to answer these tricky questions:

<p>How do you know meat is cooked enough?</p>	<p>The safest way is to use a meat thermometer. If you don't have one, you can check the interior of one of the larger pieces you are cooking. It's always better to overcook than risk your health.</p> <p>(Refer to "Keeping Food Safe" handout)</p>
<p>How long can something be stored in the freezer?</p>	<p>It depends on the item. Different food items have different freezer lives.</p> <p>(Refer to "Chill Out" and "Freezing Fruits and Veggies" handouts)</p>
<p>Does shopping with a list really save money?</p>	<p>Studies have shown that people who have shopping lists are less likely to buy extra impulse items. A list also helps you plan your menu so you only buy what you need and you use what you buy.</p> <p>(Refer to "Menu Planning Basics" handout)</p>
<p>Why is there no percent daily value for sugar or protein?</p>	<p>The % DV for protein is only required to be listed if the product claims to be "high in protein," or is the product is meant for use by children under the age of 4. Otherwise, the FDA states that current scientific evidence indicates that protein intake is not a public health concern for individuals over the age of 4.</p> <p>For sugar, no daily reference value has been established. Therefore, there is no set amount off of which to base the % DV.</p> <p>(Refer to "MyPlate Eating Plan" for amount of protein recommendations)</p>
<p>Can you get fiber from anything other than whole grains?</p>	<p>Fruits, vegetables, nuts, seeds, and legumes also contain fiber.</p>
<p>I've heard there is a lot of mercury in fish, is it bad to eat?</p>	<p>Most fish are good to eat because they are high in protein and low in fat. However some kinds of fish contain high levels of mercury, which can cause health problems in people, especially children. For a list of fish to avoid, visit your state public health website.</p>