



Nutrition

Nutrition Quiz

1. **True or False** Calcium helps build strong bones and teeth.
2. **True or False** The recommended intake of calcium is 500 mg per day for men and women.
3. **True or False** Vitamin D is known as the sunshine vitamin.
4. **True or False** Supplements (vitamin and minerals) are a substitution for food.
5. **True or False** Over consumption of supplements can be toxic.
6. **True or False** The Percent Daily Value on a food label is based on a 1,500 calorie diet.
7. **True or False** The order that ingredients are listed on a good label is not important information.
8. **True or False** Dietary patterns are critical for preventing and managing diabetes.
9. **True or False** Dehydration is not a major concern for older adults.
10. **True or False** Nutrition is not important for fall prevention.



Serving Nevada, Placer, Sacramento, Sierra, Sutter, Yolo & Yuba Counties

2260 Park Towne Circle, Suite 100 • Sacramento, CA 95825
Phone: (916) 486-1876 • Fax: (916) 486-9454 • www.a4aa.com



*Live Strong and Safe
Fall Prevention
Program*