Beyond Carbohydrate: Healthy Eating for Diabetes and Heart Disease

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Of the following, which would be the best choice for a snack?

a. Unsalted, fat free pretzels
b. Fat free frozen yogurt
c. A piece of fruit and a small handful of nuts

You want to offer a healthy choice for a Superbowl party. Your best choice would be:

a. Deli sandwiches with turkey and lean roast beef on Kaiser rolls
b. Chili made with ground beef and kidney beans
c. Chicken wings cooked in BBQ sauce

Your best choice at McDonald's would be:

a. Filet of fish
b. Single hamburger
c. Small fries and milkshake

The most important lifestyle change you can make to lower blood pressure is:

a. Decrease your sodium intake
b. Walk 30 minutes most days
c. Eat more vegetables
d. All of the above
e. A and B only

Your best choice for a special dinner out would be:

a. Prime rib
b. Shrimp
c. Lobster

One of the most important factors in maintaining weight after dieting is:

a. Avoidance of desserts and sweets
b. Taking a vitamin supplement
c. Eating breakfast daily
d. Not eating after 8pm

Which of the following breakfasts would be the best choice/s?

a. 1 egg, 1 to 2 egg whites, Canadian Bacon and 1 wedge of Laughing Cow light cheese on a 100% whole wheat English muffin
b. Whole wheat flake cereal, banana, and 1% lowfat milk
c. Steel cut oats topped with ½ cup blueberries, ¼ cup walnuts and cinnamon
d. All of the above
e. A and C

Farm raised salmon is a better choice than wild salmon

True or False

Your best choice of salad dressings would be:

a. A commercial fat free dressing
b. Homemade dressing using equal parts vinegar and olive oil
c. A reduced sodium commercial dressing

Margarine is a better choice than butter

True or False

There's a lot of buzz a bout chocolate being a healthy food. The best approach to this is:

a. Eliminate all chocolate – the chocolate industry is just promoting itself
b. Eat several ounces of chocolate daily due to the healthy antioxidant effect
c. Eat 100 calories of 60+% dark chocolate most days

You've promised out of town company a great dinner at a steak house. A healthy choice would be:

a. Sirloin steak
b. Beef tenderloin (filet)
c. Prime rib
d. Buffalo
e. None of the above – best to stay home

Of the following, which would be the best choice for a sandwich:

a. 12-grain bread
b. Wheat bread
c. Sprouted wheat bread
d. 100% whole wheat bread

Which of the following foods has the most cholesterol raising fat (saturated fat)?

a. Eggs
b. Tropical oils such as coconut, palm and palm kernel oil
c. Crackers
d. Shrimp

Your best choice for a frozen dessert item is:

a. Dixie-cup sized portion of Ben & Jerry's ice cream
b. Fat free ice cream scooped from a ½ gallon container
c. Full fat ice cream bar

If you want to fight disease and be a healthier person, the single most important change you can make is:

a. Decrease your saturated fat intake
b. Decrease your sugar intake
c. Increase your intake of vegetables and fruits to 8 or more servings daily