



ANSWERS

1. Most Americans get enough dietary fiber.
FICTION: Research indicates that most people in the United States do not consume enough fruits, vegetables, and whole grains which provide dietary fiber.
2. Frozen vegetables and fruits can be as nutritious as fresh produce.
FACT: Many fruits and veggies are frozen right after they have been picked, which makes them as nutritious as fresh produce. Look for varieties that have no added sugars, sodium, or saturated fat.
3. Wheat bread is considered a whole grain.
FICTION: Unless the ingredients list states "whole wheat" or "whole grain" as the first ingredient (or second ingredient after water), it is a refined grain and not a whole grain product.
4. Fish and seafood provide important nutrients.
FACT: Fish and seafood provide several important nutrients, including protein, iron, zinc, and omega-3 fatty acids.
5. Nuts and seeds are sources of plant-based protein.
FACT: Nuts, seeds, and butters made from them, are part of the Protein Foods Group.
6. Three cups from the Dairy Food Group are recommended daily for older children and adults.
FACT: A general recommendation for children, ages nine and older, and adults is to consume three cups of dairy per day. This could include low-fat or fat-free milk, yogurt, cheese, cottage cheese, or calcium-fortified soy milk or soy yogurt.
7. Only exercise counts towards physical activity goals.
FICTION: All types of activity are considered to be beneficial and count towards physical activity. Americans are encouraged to move more during the day and to aim for at least 30 minutes of physical activity on most days of the week. Sixty minutes or more daily is recommended for school-age children.
8. Snacking between meals is not recommended.
FICTION: Snacking on healthful foods can help manage hunger between meals. The key is to plan what you are going to eat in advance rather than waiting until you are hungry to choose a snack.
9. Fruits and vegetables provide vitamins and minerals that support our immune system.
FACT: Fruits and vegetables contain a variety of vitamins and minerals that support immune health, including vitamins A and C.
10. Vegetable oils are considered healthier than solid fats.
FACT: Oils, including vegetable oil, canola oil, olive oil and other types that are made from nuts and seeds are higher in unsaturated fat, which is healthier than sources of saturated fat.

Sources: MyPlate.gov and U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.DietaryGuidelines.gov).