

Are You Good to Your Health?

Our daily choices have a huge impact on our health. Everything adds up — healthful options and unhealthful options alike. So. Are you good to your health?

Question #1: When I choose dairy products, I usually grab...

- a) Full-fat options
- b) Low-fat options
- c) Nonfat options

Question #2: When it comes to sodium, I typically consume...

- a) Over 2,300 mg per day
- b) Between 2,300 mg and 1,500 mg per day
- c) Less than 1,500 mg per day

Question #3: My snacks typically contain...

- a) Lots of added sugar
- b) A little bit of added sugar
- c) No added sugar

Question #4: In terms of fiber, I usually consume...

- a) Less than 10 grams per day
- b) Between 10 and 25 grams per day
- c) More than 25 grams per day

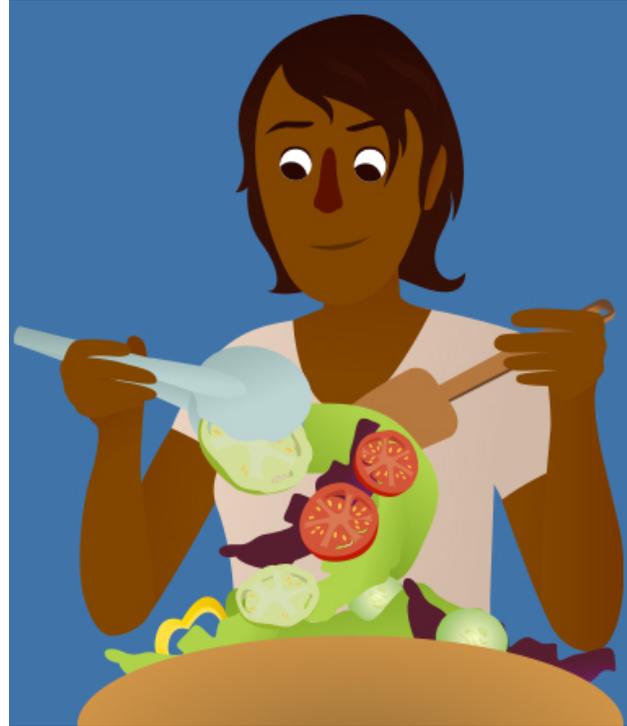
Question #5: When I snack, I often choose...

- a) Packaged snacks like chips, cookies, and crackers
- b) A wide range of foods
- c) Fruits and vegetables

Quiz Results: Are You Good to Your Health?

If you chose **mostly a** answers, then you are undermining your health goals. It's time to learn about what choices can improve your health and start making them.

If you answered with **mostly bs**, then you're on the right track! Making key changes in your diet can lead to further health improvements.



If you stuck with **mostly cs**, then you're well on your way to becoming a health master! Consistently choosing healthful options is a great way to meet your nutrition goals.

Behind the Scenes: Why Make These Choices?

Full-fat dairy products are loaded with saturated fat. According to the CDC, "Diets high in saturated fat have been linked to chronic disease, specifically, coronary heart disease." For the sake of your heart, skip saturated fats and choose nonfat or low-fat dairy products instead.

When it comes to fiber, more is generally better than less. The National Institute of Health asserts "Individuals with high intakes of dietary fiber appear to be at significantly lower risk for developing coronary heart disease, stroke, hypertension, diabetes, obesity, and certain gastrointestinal diseases." Sadly, most people don't get enough fiber. Don't be one of them! Snack on fiber-rich foods like fruits and vegetables.