Eating More Fruits and Vegetables Brings Healthy Benefits

Questions

1. Most people benefit from eating more fruits and vegetables every day.
   A. True
   B. False

2. According to the 2005 Dietary Guidelines for Americans, the recommended number of servings of fruits and vegetables . . .
   A. is 5-9 servings per day.
   B. is 1-2 servings per day.
   C. varies depending on the individual’s calorie needs.

3. Which form(s) of fruits and vegetables is important to good health?
   A. Canned and frozen
   B. Fresh
   C. Canned, frozen, fresh, dried and 100% juice

4. Eating only one or two kinds of fruits or vegetables gives the body a wide range of valuable nutrients.
   A. True
   B. False

5. Eating a variety of fruits and vegetables may help reduce the risk of cancer, diabetes, stroke and other chronic diseases as well as assist with weight control.
   A. True
   B. False
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Answers

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