Salads
Questions

1. Eating five or more servings of fruits and vegetables each day has been associated with helping protect against certain types of cancer, heart disease and osteoporosis.

   True
   False

2. Adding deep reds or bright pinks to your salad adds lycopene to your diet. Which of the following are good sources of lycopene?

   A. Tomatoes, watermelon and strawberries
   B. Green beans, spinach and corn
   C. Cantaloupe and carrots

3. Orange foods such as carrots and apricots contain beta-carotene which may help strengthen your immune system and folate, a B vitamin, which may help prevent some birth defects and reduce the risk of heart disease.

   True
   False

4. After selecting a variety of colorful fruits and vegetables for your plate, keep it low fat by:

   A. Selecting non-fat or low fat dressings
   B. Reducing the amount of fats in other parts of your meal
   C. All of the above

5. Salads can easily be considered as a main dish by combining low-fat meat, poultry, seafood, cooked dry beans, eggs and/or nuts into your selection of fruits and vegetables.

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