**Nutrition Jeopardy Questions and Answers**

1. This drink has been shown to sharpen your concentration, improve your memory, and reduce the effects of stress. – tea
2. This is one source of protein often consumed by vegetarians. – beans, tofu
3. Adults (aged 19-50) should have this many servings of fruits and vegetables in a day. 8-10
4. Fatty fish is a good source of this type of fat – omega-3
5. A deck of cards is considered the serving size for which food in this protein group. – meat
6. This is an alternative name for “bad” cholesterol. – low density lipoprotein
7. This is one sugar substitute you can use. – honey, agave, apple sauce, maple syrup
8. Eggs belong to this food group. – meat and alternatives
9. This vitamin is important for healthy eye care. – vitamin A
10. This vegetable is used to make pickles. - cucumbers
11. Spinach and liver provide a good source of this mineral. – Iron
12. This type of fat is produced by a process called hydrogenation and is associated with increased risk of heart disease. – transfat
13. This is one health benefit of eating fruits and vegetables. – lower risk of diseases, lower blood pressure, regulate bowel
14. These are five items you would find on a "Nutrition Facts" label. – serving size, calories, saturated fat, transfat, etc
15. This vitamin helps with blood clotting. – vitamin K
16. Red meat is rich in iron. When too little is consumed, it can lead to this. – Anemia
17. Adequate calcium intake helps prevent this disease of weakened bones. – osteoporosis
18. Peanut butter belongs to this food group. – meat and alternatives
19. These are 4 ways to eat eggs. – boiled, scrambled, fried, poached, sunny-side up, omelette, etc.
20. This is a healthier alternative to french fries. – baked potato, salad