

## Nutrition Trivia Questions

1. How many total cups of fruits and vegetables are recommended daily?
  - a. 3 cups
  - b. 5 cups
  - c. 2 cups
  - d. 6 cups
2. What nutrient is the body's main source of energy?
  - a. Protein
  - b. Fat
  - c. Carbohydrates
  - d. Vitamins/Minerals
3. How much water is the recommended daily intake for an average adult?
  - a. 8 cups (64oz)
  - b. 10 cups (80oz)
  - c. 6 cups (48oz)
  - d. 5 cups (40oz)
4. What is the recommended daily sodium intake?
  - a. 8000 mg
  - b. 10,000mg
  - c. 1500mg
  - d. 2300mg
5. My daily amount of **added** sugar is \_\_\_\_\_ teaspoons.
  - a. Women- 6 teaspoons
  - b. Men- 9 teaspoons