

The Ultimate Food Quiz

Eating healthy is about being an informed consumer. So with the bushels of misinformation out there about the foods you eat, eDiets decided to put together a Food Fun Facts Quiz to test your nutrition knowledge.

These true-or-false questions may shed a little light on some of the more misunderstood and mysterious foods, as well as their effect on your diet.

TRUE OR FALSE

All fats are bad, and following a low-fat diet is the best way to lose weight.

False: Fat is necessary for energy, especially for active and growing kids, for hormone function, vitamin absorption and transport. Fats add flavor to your food, but fat contains more than twice the calories -- per gram -- than protein and carbohydrates. Fat is more concentrated in calories, so to lose weight on a calorie-controlled diet -- you need to eat less fat.

Nutritionist Susan Burke suggests you choose your fats wisely: "Nuts, avocado, seeds and fatty fish contain immune-promoting monounsaturated fat and omega-3 fatty acids."

The only good thing about fiber is that it gets you regular in the restroom.

False: While that is one benefit, fiber also helps to lower the risk for heart disease and cancer. Also, a diet high in fiber translates into increases in the intake of fruits, vegetables and whole-grain foods. Fiber helps fill you up, without adding calories. Foods high in fiber are generally lower in calories, fresh and can help you maintain your weight loss, according to Susan.

Fresh vegetables are better than frozen.

False: In fact, frozen vegetables can be healthier than fresh depending on how long the fresh vegetables have been sitting in the market. Frozen vegetables are processed at their peak nutritional value, whereas it could take days, even weeks, for fresh vegetables to be transported. It could be even longer before you cook them. Health experts recommend you eat at least five servings of fruit and vegetables daily -- fresh or frozen.

Tomato sauce is a better cancer fighter than raw tomatoes.

True: When tomatoes are heated -- like in sauce or the processing of ketchup -- the benefits of lycopene are enhanced because it's more easily absorbed by the body than when in raw tomatoes. Studies show that the body uses lycopene for protection against breast cancer, prostate cancer and heart disease.

The benefits of grapes come from a valuable nutrient called grapetine, which is necessary to keep the squishy substance in your eyeballs replenished.

False: Grapes are full of beneficial nutrients and antioxidants; however, grapetine is not one of them. In fact, it's not real at all. A study from the Journal of Nutrition shows that eating fresh grapes may prevent the accumulation of harmful oxidized cholesterol and those naturally occurring antioxidants in fresh grapes, known as polyphenols, are believed to be responsible for this positive effect.

One polyphenol in particular, resveratrol, has demonstrated its ability to help protect against arterial wall damage caused by "bad" (LDL) cholesterol. Another polyphenol, tannin, was shown in a Canadian study to eliminate disease-forming viruses and tumors. Grapes also include high levels of caffeic acid, which is a strong cancer-fighting agent.

Mushrooms are good for more than just making tie-dye shirts groovy.

True: Mushrooms are an underappreciated, low-calorie food rich in nutrients. Mushrooms surpass all other items in the produce category in selenium, which was shown in one study to decrease prostate cancer by 60 percent. Also, mushrooms are an excellent source of three essential B-vitamins: riboflavin, niacin and pantothenic acid.

Additionally, mushrooms are an under-recognized source of potassium, which has been shown to help regulate blood pressure, keep the right balance of water in fat and muscle tissues, and ensure the proper functioning of cells. One 3-ounce portabella mushroom cap provides more potassium than an orange or even a banana.

The banana is an appealing fruit, packed with nutrients, that won't cause you to slip off your diet.

True: Bananas are a great source of vitamin C, potassium and dietary fiber. Potassium is an essential mineral for protein synthesis and the building of muscle because it stimulates nerve impulses for muscle contraction. Since bananas are sodium-free and very rich in potassium, they can be eaten as part of a diet to reduce the risk of high blood pressure. Plus, bananas contain a good supply of vitamin B6, which is significant in the production of antibodies in the immune system, as well as helping in protein metabolism, red-blood-cell formation and functioning of the central nervous system. Bananas have no fat, cholesterol or sodium.

Eggs will kill you with their high cholesterol content.

False: An egg is high in cholesterol, but all that cholesterol does not go directly to your bloodstream and arteries. Actually, in healthy people only a small amount of the cholesterol in food passes directly into the blood. In fact, most of the cholesterol that circulates in the blood is created by the liver in response to saturated and trans fats in the diet, which does translate into an increase in heart disease.

Eggs are good for you -- inexpensive and loaded with nutritional benefits. For about a dime, an egg has 6 grams of protein, healthful unsaturated fats, key vitamins and minerals such as iron and riboflavin, and it is low in saturated fats and free of trans fats. Eggs are also a good source of choline, which has been linked with preserving memory, and lutein and zeaxanthin, which may protect against vision loss.

Figs are not just good for filling Newtons.

True: Although, the Fig Newton is the third most popular cookie in the U.S., with Americans consuming more than 1 billion per year, the fig is also a fruit -- and it's good for you. Research at Rutgers University reveals that dried figs contain omega-3 and omega-6 essential fatty acids, plus a number of phytosterols, which decrease natural cholesterol counts. Figs are also good for your bones because of their calcium to phosphorous ratio, which is ideal for the absorption of both minerals. Half a cup of figs contain as much calcium as a half-cup of milk.