



NUTRITION - SESSION 1

Healthy eating and physical activity are important for our health, especially as we age. Did you know?

- 12% of older adults eat enough fruits each day
- 11% of older adults eat enough vegetables each day
- 28% of older adults are physically inactive

(Source: Centers for Disease Control and Prevention)

Making healthy nutrition choices is something we can always get better at. Also, some physical activity is better than none. We can start by just trying to move more and sit less throughout the day. Over the next 10 weeks together, we will enjoy playing bingo, completing some simple exercises, and learning easy tips to help us eat healthy, cook healthier options, and make healthy choices when grocery shopping. Today we are going to discuss why healthy foods are so important to our bodies. During the exercise portion of the program, it is important to push yourself, but keep in mind that exercise should not hurt or make you feel really tired. Find a pace that makes you “feel good”. You might feel some soreness, a little discomfort, or a bit weary, but you should not feel pain.

The most important thing to remember over the next 10 weeks is to have fun!!

QUESTION 1: Which of the following best describes nutrients?

- Nutrients are found in foods that are essential for life and health
- Nutrients are the building blocks for repair and growth
- Nutrients are necessary for chemical processes in the body
- All of the above

QUESTION 2: Which nutrients provide energy in the form of calories?

- Carbohydrates, fat, protein
- Vitamins and minerals
- Water
- All of the above

QUESTION 3: How does our body use the energy that it gets from food?

- To help move our muscles
- To help our lungs breathe
- To help our heartbeat
- All of the above

QUESTION 4: When energy from food turns into fuel for our bodies, it is called:

- Metabolism
- Carbohydrates
- Calories
- Protein



QUESTION 5: What is the body's preferred source of energy?

- a. Carbohydrates
- b. Energy drinks
- c. Protein
- d. Coffee



NUTRITION - SESSION 2

The takeaway message from our first session was our body gets energy from food. Today we will learn more about carbohydrates, the body's preferred source of energy.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good". It should be enjoyable so have fun!

QUESTION 6: Carbohydrates are an important part of the diet. What foods contain carbohydrates?

- a. Pasta, cereal, and oatmeal
- b. Fruits
- c. Vegetables
- d. All of the above

QUESTION 7: Grains are a good source of carbohydrates. How much of your daily grains should be whole grains?

- a. None
- b. At least half
- c. At least 75%
- d. All

QUESTION 8: When ordering a sandwich, which type of bread offers the most whole grains?

- a. Multigrain
- b. Whole wheat
- c. Wheat
- d. Sourdough

QUESTION 9: True/False: Instant oatmeal packets are not a good source of whole grain oats.

- a. True
- b. False

QUESTION 10: What does this stamp mean if you see it on a product?

- a. Half of the grains in this product are whole grains
- b. All of the grains in this product are whole grains
- c. This product contains at least one whole grain
- d. Nothing, it's just a marketing tactic

NUTRITION – SESSION 3

On day one we discussed the nutrients that provide energy for our bodies in the form of calories: carbohydrates, fat, and protein. Last time we discussed carbohydrates. Today we will be learning more about fat, and the different types of fat we might find in our diet.

You may feel a little sore from last week, but remember that's normal. We will begin to increase the amount of time we exercise, but although it is important to push yourself, make sure to find a pace that makes you "feel good". Have fun!

QUESTION 11: Fat is an important part of the diet. Eating which type of fat is linked to better heart health?

- a. Trans fats
- b. Unsaturated fat
- c. Saturated fat
- d. Added sugar

QUESTION 12: Which of these is a difference between saturated fats and unsaturated fats?

- a. Saturated fats are usually solid at room temperature and unsaturated fats are usually liquid at room temperature
- b. Saturated fats generally come from animal sources and unsaturated fats from plant-based sources
- c. Saturated fats can raise cholesterol and unsaturated fats can help lower cholesterol
- d. All of the above

QUESTION 13: Some oils can be a good source of healthy fats. Which fat is the healthiest choice when cooking meat?

- a. Lard
- b. Olive or canola oil
- c. Butter
- d. Margarine

QUESTION 14: Why do we call butter or fried foods "unhealthy" sources of fat?

- a. They decrease risk for chronic disease
- b. They can increase levels of "bad" cholesterol
- c. They make the food more expensive

QUESTION 15: Ellen says: "I am going to eliminate as much fat from my diet as I can." Do you think this is a good idea?

- a. Yes, she can have a diet with no fat and still be healthy.
- b. No, she needs fat in her diet to maintain good health.



NUTRITION - SESSION 4

You may still feel a little sore and tired but hang in there. This means you are already getting stronger! Soon you will also feel the benefits! Today we will talk about the third nutrient that gives us energy – protein. After today’s session you might want to try some new proteins on your plate!

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you “feel good”.

QUESTION 16: Protein is an essential part of the diet. Protein from our diet functions to:

- a. Repair muscle and minimize muscle loss
- b. Heal wounds
- c. Fight infections
- d. All of the above

QUESTION 17: Which foods provide you with the recommended protein you need?

- a. Meats
- b. Plant-based foods
- c. Both A and B

QUESTION 18: Which type of meat has less saturated fat:

- a. Ribeye steak
- b. 80/20 ground beef
- c. Chicken thighs
- d. Pork tenderloin

QUESTION 19: True/false: Protein from plant-based sources tends to be lower in saturated fat and has no cholesterol

- a. True
- b. False

QUESTION 20: Danny is a vegetarian. What food can Danny eat to fill the protein section of his plate?

- a. Tofu
- b. Nuts
- c. Beans
- d. All of the above



NUTRITION - SESSION 5

Even small changes to our daily diet can help support our overall health. Today we're going to learn an easy way to organize your meals and build a healthy plate. It's called MyPlate. This week try including some of the things you learn about MyPlate into your daily eating habits.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

QUESTION 21: MyPlate is used to help Americans choose what food groups to include in their diet. What food group is missing from this MyPlate image?

- a. Vitamins
- b. Grains
- c. Water
- d. Minerals

QUESTION 22: How much of your plate should be fruits and vegetables?

- a. None
- b. At least half
- c. At least 75%
- d. All

QUESTION 23: True/False: Corn, potatoes, plantains, and peas are all examples of starchy vegetables and should be limited in the diet.

- a. True
- b. False

QUESTION 24: What food could we add to this meal to HELP make it healthier and more balanced?

- a. Broccoli
- b. Whole wheat tortillas
- c. Mandarin oranges
- d. Grilled fish fillet

QUESTION 25: True/False: Jane loves tomatoes, red peppers, watermelon, and strawberries. Jane is eating a good variety of fruits and vegetables.

- a. True
- b. False



NUTRITION - SESSION 6

We've already learned that a healthy diet includes foods from different food groups. Now let's start to think about how much of each food group is the right amount.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

QUESTION 26: What is the best way to ensure that you have a balanced daily diet?

- a. Eat 2,000 calories a day
- b. Limit high sugary foods like cookies and cake
- c. Eat from all food groups
- d. Eat a diet high in protein

QUESTION 27: What counts as one serving of fruit?

- a. 1/4 cup dried fruit
- b. 1 small apple
- c. 1/2 large banana
- d. All of the above

QUESTION 28: Which of these counts as a serving of vegetables?

- a. 1 cup uncooked collard greens
- b. 1/2 cup of jicama
- c. 1/2 of a bell pepper
- d. All of the above

QUESTION 29: Found in the grains group, one cup of rice is closest in size to:

- a. Your thumb
- b. Your fist
- c. Two fists
- d. Your head

QUESTION 30: When making your dinner plate, your serving of protein should be about the same size as:

- a. Large pancake
- b. Golf ball
- c. Deck of cards



NUTRITION - SESSION 7

Welcome to week 4. You are doing great! You're learning more about healthy eating and getting stronger. Have you noticed you have more energy? Sleeping better? Good diet quality and exercise can help us feel energized and sleep better.

So far, we have discussed the nutrients that give us energy, what to include on a healthy plate, and how much of each food group to eat. Today we're going to learn about choosing healthy foods at the grocery store. You can practice today's food label skills the next time you're shopping for groceries.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

QUESTION 31: George is comparing granola bars at the grocery store. What things should he look for on the food label when making his choice?

- a. Granola bars with more fiber
- b. Granola bars with less added sugar
- c. Granola bars with more protein
- d. All of the above

QUESTION 32: What ingredient does this cereal have the most of? (Based on the food label shown by facilitator)

- A. Raisins
- B. Sugar
- C. Whole grain wheat
- D. Cannot tell without looking at the rest of the label

QUESTION 33: True/False: This package of granola bars contains 100 calories. (Based on the food label shown by facilitator)

- A. True
- B. False

QUESTION 34: How can you use the percent daily value on a food label?

- a. To tell if a food is high or low in a certain nutrient
- b. To see how much of a certain nutrient a serving provides
- c. As a reference to know how much of a certain nutrient you should consume each day
- d. All of the above

QUESTION 35: What percent of the daily value of calcium does one serving of this mac 'n cheese provide?
(Facilitator will show label being referenced)

- a. 8%
- b. 7%
- c. 11%
- d. 37%

QUESTION 36: One serving of this mac 'n cheese provides 37% of the daily value for sodium. Is this high or low?

- a. High
- b. Low



NUTRITION - SESSION 8

Today we will learn about sodium in the diet. Sodium, often called “salt” is found in almost all foods, even foods that don’t taste salty! This week you can try reducing your sodium intake by using some of today’s tips.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you “feel good”.

QUESTION 37 Consuming too much salt/sodium may increase your risk for which of the following?

- a. High blood pressure
- b. Heart disease
- c. Stroke
- d. All of the above

QUESTION 38: The 2020-2025 Dietary Guidelines for Americans, including older adults, recommends consuming less than ____ mg of sodium per day.

- a. 1500 mg
- b. 2300 mg
- c. 2800 mg
- d. 3200 mg

QUESTION 39: True/False: Using % daily value on the food label, this is a low-sodium food?

- a. True
- b. False

QUESTION 40: True/False: The majority of sodium in our diet comes from the saltshaker.

- a. True
- b. False

QUESTION 41: To reduce salt/sodium intake you can add flavor to foods by:

- a. Squeezing lime juice onto food
- b. Sprinkling premixed seasoning blends
- c. Sprinkling fresh herbs onto food
- d. A and C



NUTRITION - SESSION 9

Last session we talked about sodium, something we may want LESS of in our diet. Today we will talk about something in our diet that we may want MORE of - fiber. You can get fiber from three of the MyPlate food groups – fruit, vegetables, and grains!

Before we get started today, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

QUESTION 42: Fiber is an important nutrient found in carbohydrates. Which of these is a benefit of consuming more fiber?

- Better digestive health
- Improved cholesterol
- It helps you feel full
- All of the above

QUESTION 43: True/False: Consuming adequate fiber each day can help lower LDL cholesterol levels.

- True
- False

QUESTION 44: True/False: Refined grains, like white bread or white rice have had some nutrients and fiber removed.

- True
- False

QUESTION 45: Which of these foods contains the most fiber?

- Whole wheat bread
- Apple
- Broccoli
- Black beans

QUESTION 46: If you want to get high nutrients, such as fiber, you should purchase these vegetables

- Frozen
- Canned
- Fresh
- All of the above



NUTRITION - SESSION 10

Today let's talk about dairy, a food group that provides many nutrients to help keep us healthy. Before we get started today, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

QUESTION 47: Dairy is an important part of the daily diet. How many servings of dairy should older adults have per day?

- A. None
- B. 3 cups
- C. 5 1/2 cups
- D. As many as possible

QUESTION 48: What are the main nutrients found in the dairy food group?

- Vitamin D and calcium
- Zinc
- Vitamin C
- All of the above

QUESTION 49: Which food is a good source of calcium?

- Low-fat yogurt
- Banana
- Leafy green vegetables
- Both A and C

QUESTION 50: True/False: Consuming a lower fat milk means you will also get less calcium.

- True
- False

QUESTION 51: Which of these items has the lowest fat content?

- Whole milk
- 2% milk
- 1% milk
- Nonfat milk



NUTRITION - SESSION 11

Can you believe we are starting week 6? You've all done so well! How are you feeling? I hope you are starting to add some of the nutritious foods we have discussed into your diet. Low-fat dairy, whole grains, low-sodium foods and other healthy options from the MyPlate food groups are just a few things we've discussed. Today we will focus on reducing added sugar in our diet.

Remember when you exercise that it's okay to push yourself, but it's not okay to feel pain. Make sure you use correct posture, and if you need to modify, that's perfectly okay!

QUESTION 52: Diets high in added sugars are related to:

- a. Heart disease
- b. Increased cancer risk
- c. Type 2 diabetes
- d. All of the above

QUESTION 53: When buying canned fruit, which option has the least amount of sugar?

- a. Fruit packed in heavy syrup
- b. Fruit in 100% juice
- c. Fruit in light syrup
- d. Fruit packed in water

QUESTION 54: Nancy would like to decrease her intake of beverages with added sugar. Besides water, which of these other beverages would be the best choice?

- a. Sports replacement beverage
- b. Unsweetened iced tea
- c. Regular soda
- d. Energy drink

QUESTION 55: Which drink is the best option to reduce the amount of added sugar in your diet?

- a. Regular soda
- b. Apple juice
- c. Water
- d. Coffee with 2 sugar packets

QUESTION 56: Why is it better to drink more water than a lot of sugary beverages?

- a. Water helps absorb nutrients from food
- b. Water regulates body temperature
- c. Water helps get rid of unused waste
- d. All of the above



NUTRITION - SESSION 12

Well, we are over halfway through the Bingocize® program. You're all doing so well. Today we are going to discuss food safety, something very important to practice when you prepare foods in the kitchen. After today, you can add these food safety practices to your daily routine when preparing meals.

Before we get started today, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

QUESTION 57: It is important to practice food safety when cooking, preparing, and storing foods. Where should raw chicken be stored in your refrigerator?

- a. Above your fruits and vegetables
- b. Below your fruits and vegetables
- c. It doesn't matter as long as it's packaged appropriately

QUESTION 58: Beatriz says, "I am having my friend over for dinner and I'm using a recipe that my mom gave me." She starts by getting out the chicken from the refrigerator and assembles her ingredients. She takes the chicken out of the package. She says "I'm going to rinse the chicken under cold running water to rinse off the germs and pat it dry with a paper towel. What do you think about Beatriz's actions?" Beatriz then rinses her chicken thoroughly under the cold running water and pats it dry with a paper towel.

- a. It's a good idea to rinse and pat the chicken dry
- b. It's not recommended to rinse and pat the chicken dry
- c. It doesn't matter because you haven't cooked the chicken yet

QUESTION 59: True/False: Carl's favorite summertime meal is chicken, baked beans, and watermelon slices. Carl is using safe practices by cutting the watermelon slices and chicken on his cutting board.

- a. True
- b. False

QUESTION 60: Dennis has to thaw out his steak for dinner tonight. Which of these is NOT an acceptable method of thawing food according to food safety guidelines?

- a. Thaw it in the refrigerator
- b. Thaw it in the microwave
- c. Thaw it on the counter
- d. Thaw it in a bowl with cold running water

QUESTION 61: True/False: Vegetables labeled as "pre-washed" should be washed again before consuming it.

- a. True
- b. False

QUESTION 62: True/False: Freezing food destroys harmful germs.

- c. True
- d. False



NUTRITION - SESSION 13

Welcome to week 7! I hope you are having fun and feeling the positive effects of Bingocizing™! Today we are going to continue our conversation on food safety. Did you practice any new food safety tips at home over the last few days?

Also, because you've been working very hard exercising, we are going to reduce the intensity this week to allow your body to recover. "Active recovery" and rest are important parts of any exercise program. And as always, remember to work at a pace that feels good to you!

QUESTION 63: It is important to practice food safety when storing, preparing and cooking foods, especially when it comes to meat. What's the best way to tell if your meat is done?

- a. Use a food thermometer
- b. Use your finger and press on it
- c. Cut it open to see if it's still pink
- d. All of the above

QUESTION 64: Maria is reading a package of frozen corn instructions. The instructions say, "Cook for 5 minutes and let stand for 1 minute when it's done." After cooking the corn, Maria reaches into the microwave and says, "I don't think it matters much if I let it stand for a minute, I think I can eat it now." Is it ok for Maria to eat it now without letting it stand for 1 minute? Yes, or no?

- a. Yes
- b. No

QUESTION 65: What types of foods are considered perishable?

- a. Meat, poultry, and fish
- b. Dairy products
- c. Fruits and vegetables
- d. All of the above

QUESTION 66: What's the longest you should leave perishable foods unrefrigerated?

- a. 1 hour
- b. 2 hours
- c. 3 hours
- d. As long as you want

QUESTION 67: True/False: There's no need to rinse fruits like melons or oranges since I only eat the inside anyway.

- a. True
- b. False

QUESTION 68: True/False: You should always wait and let hot food cool to room temperature before putting it in the refrigerator.

- a. True
- b. False



NUTRITION - SESSION 14

Now that we know how to ensure the food we make at home is safe, today we will learn how to ensure the food we prepare is healthy. We will also learn to make healthy choices when we dine out. Try incorporating one of today's tips into your week!

Remember to modify the exercises if you need to. Make sure that you do what feels good...it's okay to push yourselves, but you should never feel pain when exercising.

QUESTION 69: True/False: Dining out in local cafes or diners make it very difficult to eat healthy.

- a. True
- b. False

QUESTION 70: You can get a variety of vegetables by eating:

- a. Pizza
- b. Smoothie
- c. Stir fry
- d. All of the above

QUESTION 71: Lisa is cooking ground beef and drains the excess fat by pouring it into a can. Lisa says, "This is a healthy way to prepare ground beef for spaghetti that reduces fat content."

- a. True
- b. False

QUESTION 72: You can reduce sugar in baked goods by

- a. Using less sugar in the recipe
- b. Swapping out sugar with fruit
- c. Adding spices like cinnamon for more flavor
- d. All of the above

QUESTION 73: True/False: You can choose healthier options at fast-food restaurants.

- a. True
- b. False



NUTRITION - SESSION 15

Did you incorporate any of the healthy choices we talked about over the last few days? How did it go? There are so many fun ways to make healthy cooking decisions, and today we are going to learn a few more.

Don't forget as you are exercising, push yourself, but pace yourself. A little soreness means your muscles are building new fibers and getting strong, but PAIN is not the goal! Have fun and be smart!

QUESTION 74: True/False: Homemade dishes like casseroles, macaroni and cheese and other cream-based dishes are always high in fat and should be eliminated from your diet.

- a. True
- b. False

QUESTION 75: What is a healthy method for cooking chicken, steak, fish, or pork?

- a. Steaming
- b. Grilling
- c. Baking
- d. All of the above

QUESTION 76: Lisa says, "Placing cut broccoli into a pot of water and cooking it on the stovetop is a great way to cook vegetables."

- a. True
- b. False

QUESTION 77: What health benefit does eating corn tortillas have over flour tortillas?

- a. Less refined grains
- b. More fiber
- c. Both A and B

QUESTION 78: True/False: Dining out in restaurants makes it very difficult to eat healthy.

- a. True
- b. False



NUTRITION - SESSION 16

Sometimes people think eating healthy costs more money, but it doesn't need to. During our next two sessions, we will discuss ways we can save money and still make healthy choices at the grocery store. After today you can start to practice these budget-friendly shopping tips. Be sure to let us know how it goes!

And don't forget, as you are exercising, push yourself, but pace yourself. A little soreness means your muscles are building new fibers and getting stronger, but PAIN is not the goal! Have fun and be smart!

QUESTION 79: What are some ways to save money at the grocery store?

- a. Buy brand name items
- b. Buy generic items
- c. Use coupons
- d. B and C

QUESTION 80: True/False: Using coupons for brand name items will always make foods cheaper than buying the generic version of that item.

- a. True
- b. False

QUESTION 81: Which of these items would be a better savings based on unit pricing?

- a. Frozen corn from Brand ABC costs \$1.50 and has 10 ounces in it.
- b. Another bag of frozen corn from Brand XYZ costs \$1.20 and has 6 ounces in it.

QUESTION 82: When buying vegetables like broccoli, which is the least expensive?

- a. Sold in a bag, pre-cut and pre-washed broccoli
- b. Whole head of broccoli

QUESTION 83: True/False: Making a shopping list for the grocery store can help you stay within your budget.

- a. True
- b. False



NUTRITION - SESSION 17

Welcome to week 9! Today we will continue our conversation about budget-friendly grocery shopping. Did anyone try any of last week's grocery shopping or healthy cooking tips? How did it go?

Before we get started today, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

QUESTION 84: Richard is looking at 2 brands of cereal at the grocery store and wants to save money using unit pricing. To use unit pricing, what does Richard need to consider for each brand?

- a. The brand with the cheapest price
- b. The brand that comes in a bigger box
- c. A and B

QUESTION 85: Bill is trying to save money at the grocery store. He has a coupon for \$1.00 off a box of name brand cereal, which normally goes for \$4.99 per box. However, when he's looking at the cereals, he sees a similar-looking generic brand cereal that is \$3.50 for the same size box. Which is the better deal?

- a. The name brand cereal is the better bargain because he's getting \$1.00 off
- b. The generic brand is the better bargain because it's cheaper

QUESTION 86: True/False: Buying things in bulk, like oatmeal, rice, cereal, pasta, and beans, is often the cheapest option.

- a. True
- b. False

QUESTION 87: Yes/No: You have a coupon for \$0.50 off cans of soup, however you must buy 3 cans to get the deal. Is this a good savings?

- a. Yes
- b. No

QUESTION 88: True/False: Doubling a recipe for a meal can save you time and money.

- a. True
- b. False



NUTRITION - SESSION 18

Over the last few weeks together, we have discussed how to make healthy grocery shopping choices, how to cook healthy options at home, choose healthy options when dining out, and what foods we should try to get more of in our diet – like unsaturated fats, lean proteins, fruits, vegetables, and whole grains. Over the next two sessions we are going to cover another group of nutrients that are very important to our health – vitamins and minerals. Today we'll start with vitamins.

As we get going today, always remember to work at a pace and intensity that feels good to you. It's okay to push yourself, but it's not okay to feel pain.

QUESTION 89: There are many vitamins, and they all support different functions in our body. Vitamin D helps which of the following?

- a. Dental health
- b. Muscular strength
- c. Bone health
- d. Psychological health
- e. All of the above.

QUESTION 90: True/False: The need for vitamin D increases with age.

- a. True
- b. False

QUESTION 91: True/False: Vitamin B12 is harder for your body to absorb as you get older.

- a. True
- b. False

QUESTION 92: Which of these foods are good sources of vitamin B12?

- a. Greek yogurt
- b. Meat
- c. Fish
- d. All of the above

QUESTION 93: Vitamin K may be best known for its role in:

- a. Building muscle
- b. Blood clotting
- c. Joint health
- d. Foot health



NUTRITION - SESSION 19

Welcome to week 10! Last week we discussed vitamins, and today we'll learn about another nutrient important to our health - minerals. We'll also wrap up our BINGOsize® program with some exercises and fun. Remember to always go at a comfortable pace.

QUESTION 94: Besides vitamins, minerals are another important nutrient that your body needs. Which of these is an example of a mineral?

- a. Calcium
- b. Potassium
- c. Iron
- d. All of the above

QUESTION 95: Which of these is a function of minerals in the body?

- a. They help make hormones
- b. They help make enzymes
- c. They help keep your heart, brain, muscles, and bones working properly
- d. All of the above

QUESTION 96: True/False: Older adults need more calcium than other age groups.

- a. True
- b. False

QUESTION 97: Getting an adequate intake of potassium can decrease the risk for which of the following conditions?

- a. Hypertension
- b. Kidney stones
- c. Osteoporosis
- d. All of the above

QUESTION 98: Bob has been eating a lot of bananas because his doctor says he needs more potassium. However, he is getting tired of eating bananas. What else could Bob eat that are good sources of potassium?

- a. Sweet potatoes and baked potatoes
- b. Oranges
- c. Leafy greens
- d. All of the above



NUTRITION - SESSION 20

Welcome to our final class, session 20! I hope you had lots of fun and are feeling the positive effects of Bingocizing™ and making exciting, healthy changes to your diet! This is our final time together, but I encourage you to continue to apply and try some new healthy eating tips. I also encourage you to stay physically active with the exercises we have been doing together over the last 10 weeks. Please continue your healthy lifestyle changes and look for another round of Bingocize® soon!

Before we get going, let's remember some of the things we've learned together.

1. Carbohydrates, fat, and protein provide us energy.
2. It is important to eat from a variety of food groups and some foods within these groups provide more health benefits than others, like unsaturated fats more than saturated fats or whole grains more than refined grains.
3. We can use food labels on packaged foods to choose healthier options at the grocery store, especially the percent daily value.
4. Food safety practices are important in making sure we don't get sick from what we eat.
5. We can make healthy choices when we're cooking at home, like adding more vegetables and whole grain options, or when we're dining in a restaurant, like asking for dressings or mayo on the side.
6. Healthy eating doesn't have to be expensive. There are ways to get good bargains and still choose healthy options.

We'll wrap up our Bingocize® program by talking about supplements and medication and doing some exercises. Have fun and remember to always go at a comfortable pace.

QUESTION 99: True/False: Older adults should always take supplements with certain vitamins that help them stay healthy.

- a. True
- b. False

QUESTION 100: True/False: LaToya has read on the Internet about the benefits of herbal supplements for a variety of health conditions. LaToya only needs to talk to her doctor if she takes a supplement for a specific medical condition.

- a. True
- b. False

QUESTION 101: True/False: Taking a separate Vitamin E supplement may interfere with blood thinner therapy, such as aspirin, warfarin, etc.

- a. True
- b. False

QUESTION 102: Pablo has been taking supplements for a long time. He says, "I've been taking all of these vitamins and minerals to stay healthy and they're expensive. I think I can get all of the nutrients I need from a healthy diet instead of buying so many supplements." Is his statement true or false?

- a. True
- b. False

QUESTION 103: Pablo says his dad is taking blood thinner medication. But he says he has heard that individuals taking blood thinner medication shouldn't be eating any green leafy vegetables. Is this true or false?

- a. True
- b. False