

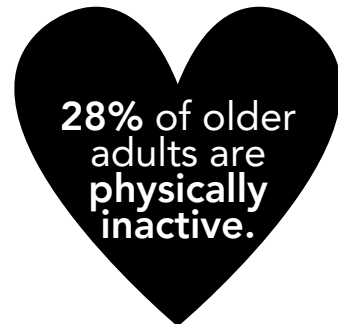
NUTRITION: SESSION 1



Over the next several weeks, we will get to play Bingocize®!

Bingocize® is a fun combination of Bingo and some simple exercises that will improve your mental and physical health. Healthy eating and physical activity are important for our health, especially as we age.

Did you know...



We can always make healthier nutrition and activity choices. 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:



Play Bingo!



Exercise!



Learn Better Habits!

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**.

Throughout Bingocize®, you will be asked to read and answer some questions. When your facilitator asks the question, circle the letter of the answer you believe is correct. It's OK if you don't know the answer - you will not be penalized!

Once every Bingocizer has a chance to choose an answer, the facilitator will provide the correct answer. If you did not get the answer correct, place a checkmark next to the correct answer.

Mostly importantly, have fun!

Source: Centers for Disease Control and Prevention

NUTRITION: SESSION 1 CONTINUED

- 1** Which of the following best describes nutrients?
- a. Nutrients are found in foods that are essential for life and health.
 - b. Nutrients are the building blocks for repair and growth.
 - c. Nutrients are necessary for chemical processes in the body.
 - d. All of the above

- 2** Which nutrients provide energy in the form of calories?
- a. Carbohydrates, fat, protein
 - b. Vitamins and minerals
 - c. Water
 - d. All of the above

- 3** How does our body use the energy that it gets from food?
- a. To help move our muscles.
 - b. To help our lungs breathe.
 - c. To help our heartbeat.
 - d. All of the above

- 4** When energy from food turns into fuel for our bodies, it's called:
- a. Metabolism
 - b. Carbohydrates
 - c. Calories
 - d. Protein

- 5** What is the body's preferred source of energy?
- a. Carbohydrates
 - b. Energy drinks
 - c. Protein
 - d. Coffee

NUTRITION: SESSION 2

Last time, we talked about how food gives our body energy. Today, we will learn more about **carbohydrates** - the body's preferred source of energy.

Remember: While we exercise, it's good to push yourself, but find a pace that makes you *feel good*. It's important to have fun!

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

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

8

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

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

9

True or False: Instant oatmeal packets are *not* a good source of whole grain oats.

- a. True
- b. False

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

Today we will be learning about the different types of **fat** 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.

Reminder: Make sure to find a pace that makes you *feel good*.

11

Fat is an important part of the diet. Which type of fat is linked to better heart health?

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

12

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

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

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

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

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

If you feel a little sore and tired, 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*.

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

17

Which foods provide you with the recommended protein you need?

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

18

Which type of meat has less saturated fat?

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

19

True or False: Protein from plant-based sources tends to be lower in saturated fat and has no cholesterol?

- a. True
- b. False

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

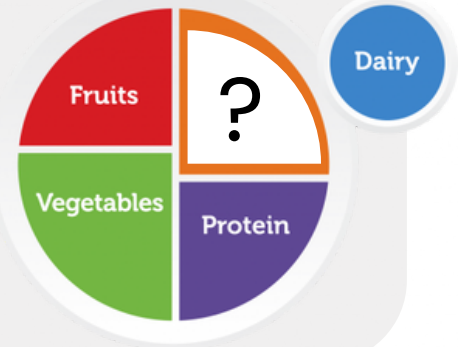
Even small changes to our daily diet can help support our overall health. Today we're going to learn an easy way to organize your meals and build a healthy plate. It's called **MyPlate**. This week try including some of the things you learn about MyPlate into your daily eating habits.

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*.

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



22

How much of your plate should be fruits and vegetables?

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

23

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

- a. True
- b. False

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



25

True or 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*.

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

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

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

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

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! Have you noticed you have more energy? Are you 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**. Practice today's food label skills the next time you go grocery shopping!

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*.

31

George is comparing granola bars at the grocery store. What 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

32

What ingredient does this cereal have the most of?

- a. Raisins
- b. Sugar
- c. Whole grain wheat
- d. Cannot tell without the rest of the label

Ingredients: Whole grain wheat, sugar, rice, raisins, wheat bran, whole grain oats, brown sugar syrup, vegetable glycerin.

33

True or False: This package of granola bars contains 100 calories.

- a. True
- b. False

Nutrition Facts

2 servings per pack

Serving size

1 bar (20.4g)

Amount per serving

Calories

100

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

NUTRITION: SESSION 7 CONTINUED

35

What percent of the daily value of calcium does one serving of this mac and cheese provide?

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

36

One serving of this mac and cheese provides 37% of the daily value for sodium. Is this high or low?

- a. High
- b. Low

Nutrition Facts

4 servings per container

Serving size

1 cup (98g)

Amount per serving

Calories

320

% Daily Value*

Total Fat 9g **11%**

Saturated Fat 2g **11%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 850mg **37%**

Total Carbohydrate 49g **18%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 9g

Vitamin D 0mcg 0%

• Calcium 110mg 8%

Iron 2mg 10%

• Potassium 200mg 4%

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!

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*.

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

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

39

True or False: Using % daily value on the food label, this is a low-sodium food.

- a. True
- b. False

	% Daily Value*
Total Fat 9g	11%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 850mg	37%
Total Carbohydrate 40g	100%

40

True or False: The majority of sodium in our diet comes from the saltshaker.

- a. True
- b. False

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!

Reminder: While we exercise, remember to maintain correct posture, stop if you encounter pain, and ask for modifications when for exercises when you need them!

42

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

- a. Better digestive health
- b. Improved cholesterol
- c. It helps you feel full
- d. All of the above

43

True or False: Consuming adequate fiber each day can help lower LDL cholesterol levels.

- a. True
- b. False

44

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

- a. True
- b. False

45

Which of these foods contains the most fiber?

- a. Whole wheat bread
- b. Apple
- c. Broccoli
- d. Black beans

46

If you want to get high nutrients, such as fiber, you should purchase _____ vegetables.

- a. Frozen
- b. Canned
- c. Fresh
- d. 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.

Reminder: While we exercise, remember to maintain correct posture, stop if you encounter pain, and ask for modifications when for exercises when you need them!

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

48

What are the main nutrients found in the dairy food group?

- a. Vitamin D and Calcium
- b. Zinc
- c. Vitamin C
- d. All of the above

49

Which food is a good source of calcium?

- a. Low-fat yogurt
- b. Banana
- c. Leafy green vegetables
- d. Both A and C

50

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

- a. True
- b. False

51

Which of these items has the lowest fat content?

- a. Whole milk
- b. 2% milk
- c. 1% milk
- d. Nonfat milk

NUTRITION: SESSION 11

Today we will focus on **reducing added sugar** in our diet.

Reminder: When you exercise, it's OK to push yourself, but you don't want to feel pain. Make sure you use correct posture, and if you need to modify, that's perfectly fine!

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

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

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

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

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

We are over halfway through the Bingocize® Nutrition program!

Today we are going to discuss food safety, something very important to practice when you prepare food in the kitchen. After today, you can add these food safety practices to your daily routine when preparing meals.

Reminder: When you exercise, it's OK to push yourself, but you don't want to feel pain. Make sure you use correct posture, and if you need to modify, that's perfectly fine!

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

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. Then Beatriz rinses her chicken thoroughly under the cold running water to remove germs, and pats it dry with a paper towel.

What do you think about Beatriz's actions?

- 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 the chicken isn't cooked yet

NUTRITION: SESSION 12 CONTINUED

59

True or 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

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

61

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

- a. True
- b. False

62

True or False: Freezing food destroys harmful germs.

- a. True
- b. False

NUTRITION: SESSION 13

I hope you are having fun and feeling the positive effects of Bingocize®! 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!

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

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 decides to ignore the instructions and eat the corn right away instead of letting it stand for a minute.

Do you think Maria's choice is OK?

- a. Yes, Maria can eat it now.
- b. No, Maria should wait 1 minute before eating it.

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

NUTRITION: SESSION 13 CONTINUED

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

67

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

- a. True
- b. False

68

True or 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!

Reminder to modify the exercises if you need to. Make sure that you do what *feels good*... pushing yourself is great, but you should never feel pain when exercising.

69

True or False: Fast-food dining is just as good as cooking at home, as long you eat a variety of foods from the MyPlate.

- a. True
- b. False

70

You can get a variety of vegetables by eating:

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

71

To make spaghetti healthier and reduce the fat content, you can cook the ground beef and then pour the excess fat into a can. Is this true or false?

- a. True
- b. False

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

73

True or False: You can choose healthier options at fast-food restaurants.

- a. True
- b. False

NUTRITION: SESSION 15

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!

74

True or 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

75

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

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

76

True or False: the healthiest way to cook broccoli is by placing cut broccoli into a pot of water and cooking it on the stovetop.

- a. True
- b. False

77

What health benefit do corn tortillas have over flour tortillas?

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

78

True or 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!

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*.

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

80

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

- a. True
- b. False

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.

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

83

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

- a. True
- b. False

NUTRITION: SESSION 17

Today we continue to discuss budget-friendly grocery shopping.

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*.

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

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

86

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

- a. True
- b. False

87

Yes or 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

88

True or 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, cook healthy options at home, choose healthy options when dining out, and what foods we should try to get more of in our diet (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**.

Reminder: It's OK to push yourself, but stop if you feel pain!

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

90

True or False: The need for vitamin D increases with age.

- a. True
- b. False

91

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

- a. True
- b. False

92

Which of these foods are good sources of vitamin B12?

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

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

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

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

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

96

True or False: Older adults need more calcium than other age groups.

- a. True
- b. False

97

Eating enough potassium can decrease the risk for which of the following conditions?

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

98

Bob's doctor says he needs more potassium, so he has been eating a lot of bananas. However, he is getting tired of bananas. What else could Bob eat to get 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!

I hope you have had lots of fun and are feeling the positive effects of Bingocize® and making exciting, healthy changes to your diet! This is our final time together, but I encourage you to keep trying those healthy eating tips and 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!

Let's review some of the things we've learned together:

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.

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 **medications** and doing some exercises.

As always, have fun and remember to always go at a comfortable pace.

NUTRITION: SESSION 20 CONTINUED

99

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

- a. True
- b. False

100

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 - true or false?

- a. True
- b. False

101

True or False: Taking a separate Vitamin E supplement may interfere with blood thinner therapy, such as Aspirin, Warfarin, etc.

- a. True
- b. False

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 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

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 leaf vegetables. Is this true or false?

- a. True
- b. False