

## Do You Know Where Your Nutrients Are?

### Finding Fat in Fast Food

1. You eat fast food occasionally and always choose what you believe to be lower-fat choices. Rank these entrees according to fat content, from least to most.

- McDonald's Quarter Pounder
- Taco Bell Taco Salad
- Arby's Roast Chicken Club
- Wendy's Grilled Chicken Salad

### Fiber First

2. High fiber cereals are a great way to help boost your fiber quota. Rank these cereals from most to least according to their fiber content per one-ounce serving.

- Kellogg's Low-Fat Granola with Raisins
- Post Grape-Nuts
- Kellogg's Bran Flakes
- General Mills Wheaties

### A Bowlful of Beta Carotene

3. To build a salad rich in beta carotene, rank the following fixings from most to least beta carotene per  $\frac{1}{2}$  cup serving.

- spinach
- green bell pepper
- radishes
- carrots

### More C, Please

4. Everyone knows that oranges are rich in Vitamin C, but how familiar are you with other good sources? Rank these fruits in order of most to least of the much needed vitamin.

- $\frac{1}{2}$  grapefruit
- 1 cup cantaloupe chunks
- 1 cup strawberries
- 1 cup pineapple chunks

### Sodium Savvy

5. Check out these foods and rank them according to sodium content from least to most.

- 3 Oreos
- 1 cup Corn Flakes
- 18 potato chips
- 1 cup cottage cheese

### Iron Boost

6. If you're anemic, you may need more iron in your diet. Rate these foods according to their iron content, from most to least.

- 1 egg
- 3 oz. cooked lean sirloin
- 1 cup canned kidney beans
- 1 cup milk

### Tracing Zinc

7. You've probably heard a lot in the news about the mineral zinc. Do you know where you can get a healthy dose of zinc in your diet? Rank these foods according to their zinc content, most to least.

- 1 oz. cheddar cheese
- 3 oz. hamburger patty, broiled
- 6 Eastern oysters, steamed
- $\frac{1}{2}$  cup canned peas



## Answers

1. d. (7 grams)  
a. (20 grams)  
c. (27 grams)  
b. (61 grams)

Wendy's Grilled Chicken Salad ranks as the lowest in fat with 65% less fat than the burger and 75% less fat than Arby's chicken sandwich. The Taco Bell Taco Salad, eaten with the shell, packs more fat than you should eat all day! When eating fast food, opt for skinnier options like hamburgers without cheese, grilled chicken, or lean roast beef sandwiches. And hold the "special" sauces, which usually offer little more than fat.

2. c. (5 grams)  
d. (3 grams)  
b. (2.5 grams)  
a. (1.5 grams)

A serving of bran flakes provides nearly one-quarter of your daily need for fiber. Granolas, on the other hand, aren't as high in fiber as they may seem. Be sure to read cereal labels for fiber content. Twenty to thirty-five grams of fiber a day is the recommended goal. Besides whole grain cereals, other good sources of fiber include nuts, legumes, seeds, figs, berries, apples, pears, prunes, peas, and potatoes.

3. d. (11,484 micrograms)  
a. (600 micrograms)  
b. (2,568 micrograms)  
c. (24 micrograms)

Carrots are by far the richest source of beta carotene in this short list. Beta carotene is an orange pigment and a plant-derived precursor of vitamin A. Beta-carotene is an antioxidant believed to help the body defend itself against harmful compounds that contribute to chronic diseases such as heart disease and cancer. Other beta-carotene rich foods include sweet potatoes, kale, collared greens, pumpkin, squash, and red bell peppers.

4. c. (85 milligrams)  
b. (68 milligrams)  
a. (47 milligrams)  
d. (24 milligrams)

A cup of strawberries offers slightly more vitamin C than an orange, packing more than the daily value of 60 mg. Vitamin C, an antioxidant like beta-carotene and vitamin E, is thought to play a role in disease prevention. Other foods rich in this vitamin are potatoes, kiwi fruit, tomatoes, peppers, and dark green leafy vegetables.

5. c. (130 milligrams)  
a. (220 milligrams)  
b. (330 milligrams)  
d. (900 milligrams)

It may come as a surprise that a cup of cottage cheese provides almost seven times more sodium than a handful of potato chips. A small percentage of people with high blood pressure are salt sensitive. For them, too much sodium can raise blood pressure. Experts recommend limiting sodium intake to no more than 2,400 mg. a day. Eating a diet based on unprocessed grains, fruits, and vegetables helps keep sodium in check naturally.

6. b. (2.85 milligrams)  
c. (1.57 milligrams)  
a. (1 milligram)  
d. (<1 milligram)

Meat is the most concentrated source of iron in the diet. People who severely limit meat intake or eliminate it completely may fall short of their daily iron needs. Smaller amounts of iron are found in poultry, seafood, beans, enriched breads, and non-fortified cereals. When eating non-meat sources of iron, eat a vitamin C-rich food or juice at the same meal to enhance iron absorption.

7. c. (77.3 milligrams)  
b. (4.6 milligrams)  
a. (<1 milligram)  
d. (<1milligram)

Oysters far outshine other foods as a source of zinc. Zinc is an important mineral, in part because it plays a role in proper immune function. Other good sources of zinc include seafood, meat, poultry, wheat germ, nuts, dairy foods, and whole grains.

Adapted by Sandra Bastin, PhD, RD, LD, Extension Food & Nutrition Specialist, April 2004. From: Walsh, J. "Do You Know Where Your Nutrients Are?" *Environmental Nutrition*, December 1994.

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