

Check Your Nutrition IQ

(NAPSA)—Food myths abound. Test your nutrition know-how by circling the right answers.

1. Although it's classified as a nutrient, vitamin D is actually

A) a mineral; B) a protein; C) a hormone; D) all of the above.

2. True or false: Latte isn't as nutritious as traditional coffee drinks because steaming robs milk of calcium and B vitamins.

A) True; B) False.

3. Compared to the real thing, carob, a chocolate substitute found in health-food stores, is

A) lower in calories; B) lower in fat; C) nutritionally superior; D) none of the above.

4. Garlic has been proven to

A) lower cholesterol; B) lower blood pressure; C) prevent certain cancers, including stomach and colon cancer; D) none of the above.

5. True or false: To be labeled "fat-free," a product must contain absolutely no fat.

A) True; B) False.

For answers to questions like these, as well as thousands of other food and nutrition facts, consult *Wellness Foods A to Z* (Rebus, 2002). Written by UC Berkeley nutrition expert Sheldon Margen, M.D., and other editors of the UC Berkeley Wellness Let-

wellness foods A to Z



Wellness Letter Book

An indispensable guide for health-conscious food lovers



ter, this 640-page quick-reference encyclopedia provides complete, up-to-date information on more than 500 fresh foods—from almonds to yogurt. Unique among nutrition books, it offers food entries with detailed nutrition profiles, shopping and storage tips, information on different varieties, and preparation and serving suggestions to take advantage of each food's key nutrients. Best of all—it's a perfect companion for your cookbook collection.

per serving.

5. B—False: Fat-free products can contain up to half a gram of fat garlic, despite claims of its benefits.

4. D: Hundreds of studies have failed to find any health benefits for traditional advantage.

3. D: Surprisingly, 1 tablespoon of carob chips contains more calories and saturated fat than the same amount of chocolate—with no nutrients.

2. B—False: Milk heated up to 10 minutes still contains 80 to 100 percent of its nutrients.

1. C: Vitamin D is actually a hormone and like other hormones is manufactured by the body. Found naturally in very few foods, it's produced by skin cells in response to sunlight.

Answers:

Editor's Note: To arrange an interview with Dr. John Swartzberg, or nutritionist Jeanine Barone or chef Sandra Gluck or to receive a copy of Wellness Foods A to Z, please contact Mary Ellen Gross, 858-456-0707, sizzle@connectnet.com.