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The truth is, there is no one-size-fits-all answer to any nutrition question. However, if you build a strong foundation of nutrition knowledge, you can: learn how to accurately determine each person’s individual needs, understand how targeted nutrition can support their goals, and

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[Correct Answer: Many whole-grain products are good sources of dietary fiber, but not all of them. Nutritious whole-grain foods should list a whole grain as the first or second ingredient, after water.](#)

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[If you have more questions than your doctor has time to answer, ask them to recommend a registered dietitian. Medicare and private insurers often cover nutrition consultations.](#)

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[The answer can change a lot depending on who’s answering, but these are a few things just about everyone agrees on: ALWAYS eat vegetables and NEVER smoke cigarettes. It’s especially hard to answer the never question because in certain situations, anything can go – I might even suggest drinking full-sugar Sprite to someone ill with ...](#)

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[USDA has issued a series of question and answer documents on flexibilities and adjustments for the Supplemental Nutrition Assistance Program \(SNAP\) intended to support effective operations and provide access to benefits, while also supporting social distancing in order to reduce the exposure to the novel coronavirus \(COVID-19\).](#)

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[FOOD NUTRITION Multiple Choice Questions and Answers :-1. A substance needed by the body for growth, energy, repair and maintenance is called a _____. A: nutrient B: carbohydrate C: calorie D: fatty acid Ans: A. 2. All of the following are nutrients found in food except _____. A: plasma B: proteins C: carbohydrates D: vitamins Ans: A](#)

[50 REAL TIME FOOD NUTRITION Multiple Choice Questions and ...](#)

[FOOD NUTRITION Objective type Questions with Answers. 25. This nutrient is needed for a healthy immune system and strong connective tissue: A. Fiber B. Vitamin K C. Vitamin C D. Fluoride Ans: C. 26. Which of the following is the best source for omega-3 fatty acids? A. Corn oil B. Wheat products C. Pork D. Sardines Ans: D. 27.](#)

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