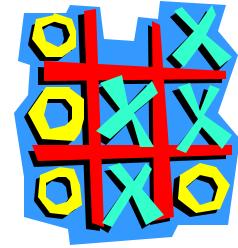


Tic-Tac-Know

General Nutrition Questions: Is each statement TRUE or FALSE?

1. Calcium is found in your formula.
2. Iron is a mineral.
3. Fortified cereals are a good source of calcium.
4. Teenagers need less food than children do.
5. My main source of protein is found in fruits.
6. Low protein breads contain a lot of vitamin C.
7. Carbohydrates are found in bread.
8. Protein is used to repair body tissue.
9. Fats are found in butter and margarine.
10. Carbohydrates provide energy.
11. All people need to take vitamin pills.
12. Vitamin C helps a person see better at night.
13. Your formula does not have protein in it.
14. Citrus fruits are high in vitamin C.
15. Fruits are good sources of protein.
16. Breads and cereals are high in the B vitamins.
17. Vitamin A is found in dark green and orange fruits and vegetables.
18. Citrus fruits are high in phe.
19. Vitamin A is found in your formula.
20. Regular bread has a lot of phe.
21. Carrots are high in vitamin A.



22. Of the vegetables, corn is low in phe.
23. Tomatoes and strawberries have vitamin C.
24. Low protein spaghetti is a source of carbohydrates.
25. Of the fruits, apples are low in phe.
26. Calcium is a mineral.
27. Your formula is a good source of iron.
28. Vitamin A helps you see in the dark.
29. Calcium helps your muscles and nerves maintain function.
30. Watermelon is a good source of vitamin A.
31. Kidney beans are found in the fruit and vegetable groups.
32. Peanut butter is high in phe.
33. Tortillas are found in the bread group.
34. Toast has fewer carbohydrates than bread.
35. Spinach and mustard greens are high in vitamin A.
36. Raisins are a good source of iron.
37. Broccoli, lemons, and oranges are all high in vitamin C.
38. Your formula is high in protein, calcium, and vitamin D.
39. Broccoli is high in both vitamin C and vitamin A.
40. Cantaloupe is a good source of vitamin A.



University of Washington PKU Clinic
CHDD - Box 357920, Seattle, WA 98195

(206) 685-3015, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>