

# Food Quiz...

The following "food quiz" could reveal just how much you know about food and nutrition. It is being presented as a public service by this newspaper during National Nutrition Week.

Most of us realize that we should eat the right foods in the right amounts to keep our bodies healthy and our minds sharp. But how many know what the "right" foods are? What foods contain the carbohydrates, proteins, fat, minerals and vitamins that we need everyday? And how many of us know why our bodies need certain foods? Answer true or false.

1. Eggs can completely replace milk in the diet, as far as nutrients are concerned.

2. Vitamin C is found only in citrus fruits such as oranges and grapefruit.

3. The only good source of iron is red meat or liver.

4. Foods containing fiber, the indigestible parts of food, are vital to a person's daily diet.

5. Each of the fifty nutrients scientists have pinpointed has a function of its own and acts independently in the body.

6. A calorie is a measure for the energy-producing value of food.

7. A reducing diet should contain bread and potatoes.

8. Healthy, active, young children require some concentrated sweets in their diets each day for energy needs.

9. By the end of the first year, babies should have learned to eat a variety of foods besides milk because a milk diet may not allow for total growth and development.

10. The nutrients the average person needs to balance in his daily diet are carbohydrates, protein, fat, minerals, vitamins and water.

**Answers:**

1. False. It is very difficult to get the calcium the body needs for bones and teeth without ingesting milk or milk products. Contrary to popular belief, skim milk has all the nutrients whole milk has — minus the fat.

2. False. The Vitamin C in one orange equals the Vitamin C in 1/2 green pepper, 4-5 brussel sprouts, a serving of broccoli, a 1/4 cantaloupe, and a 1/2 cup of strawberries.

3. False. Other sources of iron include dark-green leafy vegetables, whole-grain or enriched breads or cereals, dried fruits, dried beans, shellfish and molasses.

4. True. High fiber foods provide bulk which aids in the elimination of wastes. High fiber foods include raw

fruits and vegetables, nuts, dried beans, and whole grain breads and cereals.

5. False. There is an interdependency among nutrients. For example, Vitamin D in the body affects the amount of calcium that can be absorbed; Vitamin E prevents the destruction of Vitamin A in the body; the B Vitamins allow for carbohydrates, proteins, and fat to be used for energy and building tissue; and sodium, potassium and chloride work together to keep the body fluid in balance.

6. True.

7. True. Successful weight reduction diets include foods that contain an adequate amount of nutrients but a limited number of calories.

8. False. Energy is obtained by using all foods, not just sugar.

9. True. At any age, the body requires certain amounts of the five main nutrients categories each day to supply energy, regulate body processes and promote the growth and repair of body tissue.

10. True.

### IRS Assistance Is Available In Three Ways

GREENSBORO — There are times when a taxpayer, in preparing his own federal income tax return, needs an answer or two to complete the job, and the Internal Revenue Service offers assistance in three ways.

The most commonly-used way is the state-wide toll-free number, 1-800-822-8800, available every weekday from 8 A.M. to 5 P.M. Another type of assistance offered is the personal touch, when the taxpayer visits an IRS office for help.




Probably the most overlooked way to get help on the tax return is the use of more than 80 publications the IRS offers free to any taxpayer. The most popular publication is No. 17, available to every individual taxpayer. The 192-page guide goes into detail on filing requirements, itemized deductions, credits, forms and types of income that is taxable.

The other publications deal with specific subjects, such as tax benefits for older Americans, contributions, medical deductions, information on pensions, educational expenses, moving expenses, child care credit, earned income credit and many more.





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<p>Grade A</p>  <h2>Fryers</h2> <p>Whole</p> <h1>47¢</h1> <p>LB.</p> <p>Cut-Up lb. 51¢</p>	<p>Swift Prem.</p>  <h2>T-BONE STEAK</h2> <h1>\$1.69</h1> <p>lb.</p>	<p>Swift Prem.</p>  <h2>Sirloin Steaks</h2> <h1>\$1.49</h1> <p>lb.</p>
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<p>12 oz. pkg.</p> <h2>Chatham Bacon</h2>  <h1>\$1.19</h1>	<p>Jesse Jones</p>  <h2>Sausage</h2> <p>lb.</p> <h1>\$1.19</h1>	<p>4 to 6 lbs.</p> <h2>SMOKED PICNICS</h2>  <h1>69¢</h1> <p>lb.</p>	<p>4 to 6 lbs.</p> <h2>FRESH PICNICS</h2> <p>lb.</p> <h1>69¢</h1>	<p>Jesse Jones</p> <h2>BOLOGNA</h2>  <p>lb.</p> <h1>\$1.19</h1>	<p>Jesse Jones</p> <h2>RED HOTS</h2> <p>lb.</p> <h1>\$1.19</h1>
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<p>10 oz.</p>  <h2>COCA COLA</h2> <p>6 pk.</p> <h1>79¢</h1> <p>Plus Deposit</p>	<p>26-oz.</p> <h2>Camellia SALT</h2> <p>5 boxes</p> <h1>\$1.00</h1>	<p>7 1/2 oz.</p>  <h2>Macaroni &amp; Cheese Dinner</h2> <p>3 boxes</p> <h1>89¢</h1>	<p>29 oz.</p>  <h2>Del Monte Sliced Peaches</h2> <p>can</p> <h1>55¢</h1>	<p>1/2 gal.</p>  <h2>CLOROX BLEACH</h2> <h1>53¢</h1>	<p>4 Roll Charmin</p>  <h2>Charmin Bathroom Tissue</h2> <p>pkg.</p> <h1>83¢</h1>
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<h2>Frozen Foods</h2> <p>Mortons 14 oz.</p> <h3>CREAM PIES 59¢</h3> <p>Lemon, Chocolate, Banana &amp; Coconut</p> <p>Mortons 22 oz. Parker House</p> <h3>ROLLS 49¢</h3> <p>Eggo 13 oz.</p> <h3>WAFFLES 59¢</h3>	 <h2>50 FREE S &amp; H Stamps</h2> <p>50 Extra Stamps With This Coupon And Purchase Of \$10.00 Or More Expires 3-18-78</p> <h1>89¢</h1>
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