**Quiz:**

1. Which way is the healthiest way to eat a white potato?
   1. French fries
   2. potato chips
   3. baked
   4. scalloped potatoes with plenty of cheese

Answer: C. Baked. White potatoes have vitamin C and potassium, so they have a place in a healthy, balanced diet. Just be sure to eat the skin. Choose to bake your white potatoes, though, instead of the other options. French fries, potato chips, and even scalloped potatoes with cheese and cream have lots of fat, and a lot more calories.

1. People who can’t or don’t eat dairy have to get calcium from other foods. Which of the following types of vegetables are good sources of calcium?
   1. Starchy vegetables
   2. Dark green vegetables
   3. Red and orange vegetables
   4. French fries

Answer: B. Dark green vegetables. Dark green vegetables are great sources of calcium. Dark, leafy greens have the highest amounts of calcium among this group of vegetables. Try adding greens, such as turnip, collard, and mustard to your meals. Or try something a little more exotic like watercress or kale. Or stick with the tried and true, like spinach. If dairy isn’t your thing, make sure to include plenty of dark green vegetables in your diet.

1. Which method of cooking vegetables is the LEAST healthy method?
   1. baking
   2. roasting
   3. frying
   4. broiling

Answer: C. Frying. Frying vegetables adds fat and calories to an ordinarily low-fat, low-calorie food. Try healthier methods of cooking, like baking, roasting, and sauteing instead.