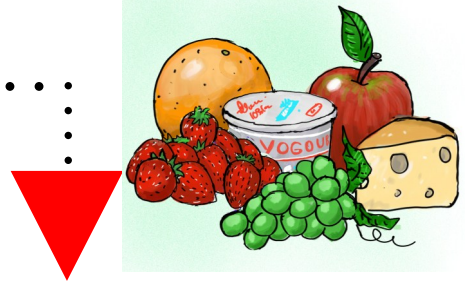


# TRUE OR FALSE About NUTRITION



- ◆ ***Iron is better absorbed when eaten with a food rich in vitamin C.***

TRUE

When you eat iron-rich foods (like meat), some of the iron is lost. To reduce iron loss, you can eat a food rich in vitamin C at the same meal.

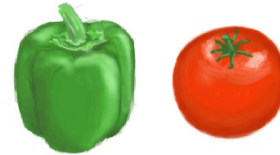
One kiwi, one orange, one-half cup sweet pepper or one cup of vegetable juice or orange juice provides enough vitamin C to increase iron absorption.

- ◆ ***It is good to drink an energy drink before or during physical activity.***

FALSE

Energy drinks contain caffeine, which dehydrates the body. It is important to stay well hydrated during sport. Energy drinks are also rich in sugar and calories. It is better to drink water!

- ◆ ***Frozen vegetables are less nutritious than fresh vegetables.***



FALSE

Frozen vegetables are frozen within 24 hours of harvest. Freezing stops vegetable deterioration and helps retain a maximum of vitamins. Frozen vegetables are equally or even more nutritious than fresh ones! The same is true for frozen fruits.

- ◆ ***One can of regular pop contains 10 teaspoons of sugar.***



TRUE

Regular pop contains a lot of sugar. High consumption of pop can lead to dental decay, obesity and diabetes. Regular pops should only be drunk occasionally.

