**DINING WITH DIABETES SPINQUEST GAME QUESTIONS**

**Vitamins, Minerals, Fiber**

1. The National Institutes of Health recommends eating a variety of fruits and vegetables because they are loaded with a what two nutrients? vitamins and minerals
2. Deep green and dark yellow fruits and vegetables are rich sources of what vitamin? beta-carotene or Vitamin A
3. The bright red pigments in cherries, tomatoes and apples as well as the blue pigment in the skin of blueberries contain special chemicals that may help our bodies fight off changes that cause what disease? cancer
4. Fruits are rich or poor sources of carbohydrates? rich
5. In recipes where beating or baking is required, what kind of cream cheese works very well and is lower in fat, saturated fat, and calories than regular cream cheese? Neufchatel
6. True or False - There is no difference in the cooking properties of whole 2%, 1% and/or skim milk. TRUE The difference is only in the amount of fat in the milk.
7. True or False - Fiber is found only in animal foods. FALSE It is found only in plant foods.
8. What type of fiber helps slow down the rate at which sugar is absorbed into the blood after food is digested? Soluble (dried beans, root vegetables, citrus fruits, berries, oats, and barley)