

20. Intake of viscous fiber can help lower cholesterol levels.
21. Vitamins are a direct source of energy for the body.
22. Vitamin C and vitamin E are antioxidants.
23. On average, people need to consume about 2 liters of fluid each day to stay in water balance.
24. Spending time in the sun facilitates vitamin D production in the body.
25. The sale of brand-name fast food is not allowed in public high schools.
26. The aim of the DRIs is to guide you in meeting your nutritional needs with vitamin and mineral supplements.
27. Supplements of antioxidants, if taken to reduce the risk of some chronic diseases, can safely exceed the UL.
28. Lean meats are a good source of phytochemicals.
29. Peanuts are a source of cholesterol in the diet.
30. The recommended self-treatment for foodborne illness is to limit intake of food and fluids.
31. A 12-ounce can of regular soda supplies 10 teaspoons of sugar.
32. Lacto-ovo-vegetarians have the most restrictive practices of all vegetarians.
33. The FDA tests dietary supplements for purity and potency.
34. Muscular strength is determined by one's ability to sustain a level of muscle tension for a given period of time.
35. Increased muscle strength can help prevent low-back pain.
36. Fat-free mass refers to the amount of muscle mass a person has.
37. A sedentary lifestyle is classified as a major risk factor for cardiovascular disease.
38. Endurance training but not strength training has been shown to reduce high blood pressure.