**Heart Healthy Quiz**

1. People make the best food choices when they go to the store without a planned menu and no shopping list.

True False

1. Usually, healthier food choices are found on the outside edges or the perimeter of the grocery store.

True False

1. Buying fruits and vegetables in season is usually less expensive.

True False

1. Examples of lower fat meat choices are 80/20 hamburger, bacon, hot dogs, and sausage.

True False

1. Multigrain means the same as whole grain on a bread label.

True False

1. All brown bread is 100% whole grain bread.

True False

1. If you want the healthiest yogurt, add your own fresh fruit to plain yogurt instead of buying yogurt with fruit on the bottom.

True False

1. Healthy food items, such as brown rice, dried beans, and whole wheat noodles can be found in the center isles of the grocery store.

True False

1. Pretzels are the healthiest snack that can be found in the snack food aisle.

True False

1. The healthiest foods usually have the fewest items listed on the ingredient label.

True False