

# Healthy Diet Practice Test Questions and Answers

**1. Which macronutrient should comprise the largest portion of a healthy diet?**

- A) Proteins
- B) Fats
- C) Carbohydrates
- D) Fiber

**2. What is the recommended daily intake of fruits and vegetables according to most dietary guidelines?**

- A) 3 servings total
- B) 5-9 servings total
- C) 2 servings of each
- D) 10 servings total

**3. Which type of fat is considered most beneficial for heart health?**

- A) Saturated fats
- B) Trans fats
- C) Monounsaturated fats
- D) Hydrogenated fats

**4. What is the primary benefit of consuming whole grains over refined grains?**

- A) Higher calorie content
- B) Better taste
- C) Higher fiber and nutrient content
- D) Longer shelf life

Answers: 1-C 2-B 3-C 4-C

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