

# Truth or Myth?

NAME: \_\_\_\_\_

*Please do not use cell phone.*

Truth    Myth

**Vitamin C can keep you from catching a cold.**

 

**Eating celery has “negative” calories, you burn more than you take in.**

 

**Cooked carrots are more nutritious than raw carrots.**

 

**You should avoid eggs because of their cholesterol content.**

 

**Whole grain carbohydrates have good nutritional value.**

 

**Margarine is typically healthier than butter.**

 

**Nuts are a good source of protein.**

 

**MSG in Chinese dishes will trigger headaches.**

 

**Moderate coffee consumption can reduce the risk of Alzheimer’s disease.**

 

**A night cap will help you sleep better.**

 

**Tie Breaker: How many calories are in a McDonald’s Big Mac? \_\_\_\_\_**