



March

TRIVIA



1. Not all fish are created equal. Which of the following fish is not rich in heart-healthy omega-3s?

- a. Sardines
- b. Sole
- c. Mackerel
- d. Herring

2. Though the ancient Incas dubbed it the “mother of all grains,” quinoa is actually a seed. Packed with nutritional punch, quinoa is unique for which of the following reasons:

- a. One helping contains an entire day’s serving of whole grains.
- b. Botanically, it’s similar to garlic.
- c. It contains no gluten.
- d. Its leaves are toxic.

3. Though all berries are known to be potent health protectors, the acai berry is the latest media darling of the berry family. Touted as a superfood, acai berries are native to:

- a. South America
- b. Panama
- c. Guatemala
- d. Florida

4. All hail broccoli, the cruciferous veggie that is packed with vitamins and known to be exceptionally rich in:

- a. Magnesium
- b. Zinc
- c. Vitamin B12
- d. Calcium

5. Going green is all the rage these days, and when it comes to green tea, it’s with good reason. The secret lies in its polyphenols, which are what?

- a. A substance that improves blood vessel function
- b. Antioxidants that rid the body of free radicals
- c. Metabolic boosters
- d. Amino acids

6. When it comes to nuts, people can get, well, nutty, especially considering their heart-healthy properties. Which nuts are the oldest-known tree food?

- a. Walnuts
- b. Almonds
- c. Peanuts
- d. Pistachios



Chef Spotlight
Celebrating Foods of the World



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Trivia Answers

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