Quiz - The Healthiest Diets in the World

1. What are the top three diets in the rankings of the healthiest diets in the world?

a) Mediterranean diet, DASH diet, and flexitarian diet

b) Paleo diet, keto diet, and vegetarian diet

c) Low-carb diet, vegan diet, and detox diet

1. What does the acronym DASH stand for in the DASH diet?

a) Dietary Approaches to Stop Hypertension

b) Dietary Approach to Stay Healthy

c) Daily Attitude for Sustainable Health

1. What are the main principles of the DASH diet?

a) Changing dietary habits, especially for individuals with excessive body weight and hypertension.

b) Focusing on consuming a large amount of meat and fatty products.

c) Limiting the consumption of fruits and vegetables.

1. What are the recommendations for the DASH diet?

a) Consuming 4-5 meals a day, focusing on vegetables, fruits, whole grains, fish, nuts, and fluids.

b) Consuming one large meal a day and abstaining from dairy.

c) Consuming only processed foods and fast food.

1. What does the term "flexitarian" mean in the flexitarian diet?

a) Flexible vegetarianism - limiting meat consumption without complete abstention.

b) Consuming only products of animal origin.

c) Consuming only plant-based products.

1. What are the main principles of the flexitarian diet?

a) Limiting meat and processed meat consumption, replacing cow's milk with plant-based beverages, low intake of dairy, eggs, and fish.

b) Consuming a large amount of meat and processed meat, abstaining from plant-based products.

c) Consuming only plant-based products.

1. Which products are recommended in the Mediterranean diet?

a) Fruits, vegetables, whole grain products, olive oil, legumes, nuts, and seeds.

b) Red meat and sweets.

c) Processed meats and fast food.

1. How often is it recommended to consume fish and seafood in the Mediterranean diet?

a) Twice a week.

b) Daily.

c) Not at all.

1. What elements are placed at the top of the Mediterranean Diet Pyramid?

a) Red meat and sweets.

b) Products that should be consumed as rarely as possible.

c) Fruits, vegetables, whole grain products, olive oil, legumes, nuts, and seeds.

d) Fish and seafood.

1. Is the Mediterranean diet difficult to follow in Poland?

a) Yes, due to the difficulty in accessing the appropriate products.

b) No, most ingredients of the Mediterranean diet are easily accessible in Polish stores.

c) No, but it requires drastic changes in lifestyle.