



Exhibit Hall Prize Drawing Worksheet

Please use this worksheet as a guide as you view the exhibitor videos and answer their questions.

- 1. Almond Board of California Question:** In a recent pilot study among post-menopausal women, a daily serving of 2 ounces of almonds was found to clinically reduce wrinkle width by _____ percent and wrinkle depth by _____ percent?

 - A. 1% and 2%
 - B. 10% and 9%
 - C. 4% and 6%
 - D. 8% and 7%
- 2. American Pecan Council Question:** How many pecan halves are in a single, 1-ounce serving?

 - A. 10
 - B. 15
 - C. 19
 - D. 23
- 3. Bayer Question:** Agriculture can offset greenhouse gas emissions thanks to crops. Which of the below enable this?

 - A. Crops absorb carbon from the air
 - B. Crops naturally store carbon in the soil
 - C. *Today's Dietitian*
 - D. Both A and B.
- 4. Beneo Question:** What is isomaltulose?

 - A. It is similar to sugar
 - B. It is a fiber
 - C. It's a low glycemic carbohydrate that digests 4-5 times slower than sucrose providing the body with more balanced and sustained energy helping manage blood glucose levels and improving metabolism.
- 5. California Figs Question:** A serving of California Figs (3-5 fresh or dried) provides how much fiber?

 - A. 5% of DV
 - B. 10% of DV
 - C. 15% of DV
 - D. 20% of DV
- 6. California Prunes Question:** How many grams of soluble and insoluble fiber does one serving of California Prunes contain?

 - A. 2 grams
 - B. 5 grams
 - C. 3 grams
 - D. 1 gram
- 7. California Raisins Question:** Choose the health benefit associated with eating all natural, sun-dried California Raisins?

 - A. Control blood sugar
 - B. Maintain a healthy heart
 - C. Sustain energy
 - D. All of the above
- 8. California Strawberries Question:** How many strawberries are in a serving?

 - A. 1
 - B. 3
 - C. 5
 - D. 8
- 9. California Table Grapes Question:** How long will unwashed grapes keep in the refrigerator once home from the store?

 - A. 72 hours
 - B. Up to two weeks
 - C. 30 days
- 10. Carlson Laboratories Question:** What is blended to create Carlson Olive Your Heart®?

 - A. Carlson MCT Oil and Super Daily D3 drops
 - B. Cold-pressed Terra Creta extra virgin olive oil and premium Norwegian fish oil (Omega-3)
 - C. MedOmega and Carlson CoQ10
 - D. Ribose powder and Cod Liver Oil
- 11. Clif Bar Question:** How does Clif Bar & Company craft food that is good for people and the planet?

 - A. Prioritize organic, plant-based ingredients and sustainable sourcing standards
 - B. Source fair trade, certified organic coffee beans for their new CLIF BAR® Coffee Collection
 - C. Leverage nutrition research and expertise to create wholesome foods that energize any moment, big or small
 - D. All of the above
- 12. Danone NA Question:** A flexitarian diet:

 - A. Can incorporate a combination of dairy and plant-based foods.
 - B. May offer a healthy dietary option that can encourage a balanced diet and healthy lifestyle.
 - C. May have a lower impact on the environment and offer benefits to the planet.
 - D. All of the above

- 13.** Hormel Health Labs Question: What IDDSI Level do the new Thick & Easy Pureed Pasta and Rice products meet?
- 3
 - 4
 - 5
 - 6
- 14.** L-Nutra Question: How many lbs people lose on average after doing 3 cycles of ProLon?
- 3
 - 5.7
 - 4
 - 8
- 15.** Monash University Question: The Low FODMAP diet for the management of the symptoms of IBS has been accepted as an important answer in managing IBS. Do you know who created it?
- Peter Gibson, MD and Jane Muir, RD, PhD, at Monash University of Melbourne, AUS
 - Bill Chey, MD at the University of Michigan
 - Kate Scarlata, RD
 - Brian Lacy, MD, Mayo Clinic, Jacksonville
- 16.** National Dairy Council Question: A recent study demonstrated that the dairy industry has reduced its environmental footprint of producing a gallon of milk in which way(s)?
- Reduced water use
 - Reduced land use
 - Reduced carbon footprint
 - All of the above
- 17.** Nature Made Question: Which of the following statements are true about Nature Made Vitamins?
- The Nature Made brand demonstrates a strong commitment to science, quality and innovation
 - Nature Made was the first national supplement brand to be USP verified for purity and potency
 - Nature Made is the #1 pharmacist recommended national supplement brand
 - All of the above
- 18.** NOW Foods Question: In which lab does NOW have equipment to identify strains of probiotics?
- ICP Lab
 - Micro Lab
 - Contaminant Lab
- 19.** Orgain Question: What is difference between the Orgain Vegan Nutritional Shakes and the Orgain Plant Based Protein Powder?
- They are the same nutritionally, just one is in a shake format and the other is in a powder format
 - The Orgain Plant Based Protein Powder is more complete nutritional than the Orgain Vegan Nutritional Shake
 - The Orgain Plant Based Protein Powder focuses on protein and fiber while the Orgain Vegan Nutritional Shake is an all-in-one shake with protein, fiber, carbohydrates, vitamins and minerals, in a ready to drink format
 - The Orgain Vegan Nutritional Shake are less complete nutritionally than the Orgain Plant Based Protein Powder
- 20.** Real Food Blends Question: Real food can help improve which common formula intolerance symptoms in enteral patients?
- Nausea
 - Vomiting
 - Diarrhea
 - Reflux
 - All of the Above
- 21.** Regular Girl Question: What are the benefits of prebiotic fiber?
- Helps address the fiber gap
 - Feeds the gut microbiome
 - Supports regularity
 - All of the above
- 22.** siggi's Question: What is the name of siggi's continuing education webinar program?
- siggi's starters
 - siggi's continuing education
 - skyr sessions
 - siggi's sessions
- 23.** Simple Mills Question: "We are striving to make healthy eating deliciously simple so everyone can _____."
- Be their healthiest
 - Be their brightest
 - Thrive
 - Be nourished
- 24.** Starkist Question: What's the best way to enjoy StarKist's NEW Tuna Creations Microwaveables™?
- Heated - just pop them in the microwave for 30 seconds
 - Unheated - straight from the pouch!
 - A or B! Heated or Unheated they are delicious either way!
- 25.** U.S. Highbush Blueberry Council Question: Blueberries are a good source of what key nutrients?
- Good source of vitamin C and fiber
 - Good source of potassium and copper
 - Good source of potassium and fiber
 - Good source of vitamin C and manganese

Once complete, transfer your answers to the official entry form at www.surveymonkey.com/r/GFCBPCT to submit your entry. **GOOD LUCK!**