

# CONGRATULATIONS!

JUNE PRIZE WINNER: KIM LONG



WELLNESS AT WORK

## ONLINE HEALTH QUIZ

JUNE QUIZ RESULTS

TOPIC: THE TRUTH ABOUT SUMMER FOODS

1. **A. TRUE:** A 20 OUNCE T-BONE STEAK CAN CONTAIN UP TO 1,540 CALORIES AND 124 GRAMS OF FAT. IN COMPARISON TO THE AVERAGE SIZED CHEESE BURGER THAT CONTAINS 750 CALORIES AND 45 GRAMS OF FAT.
2. **C:** THE AVERAGE HOT DOG CONTAINS 1250 MG OF SODIUM. IF YOU MUST INDULGE, CONSIDER A HEALTHIER OPTION. TURKEY HOT DOGS ARE 100 CALORIES AND HAVE AROUND 510 MG OF SODIUM.
3. **E:** BY SUBSTITUTING LOWER FAT AND CALORIE OPTIONS FOR SOME OF YOUR MOST FAVORITE SUMMER RECIPES YOU CAN CUT THE FAT AND CALORIE CONTENT ALMOST IN HALF FOR SOME RECIPES.
4. **B:** A NON-ALCOHOLIC DAIQUIRI CAN HAVE FROM 300 – 800 CALORIES PER SERVING. A PINA COLADA CAN HAVE ANYWHERE FROM 245- 490 CALORIES PER GLASS. THE MAJORITY OF CALORIES IN THESE DRINKS COME FROM SUGAR WHICH WE WANT TO AVOID AS MUCH AS POSSIBLE.
5. **A:** A SINGLE CUP OF SOFT SERVE ICE CREAM CAN HAVE AS MANY AS 380 CALORIES AND 22 GRAMS OF FAT. BY CHOOSING OTHER POPULAR FROZEN TREATS YOU CAN SAVE YOURSELF MORE THAN 200 CALORIES.
6. **C:** A DEEP FRIED TURKEY LEG CAN CONTAIN ALMOST 1136 CALORIES AND 54 GRAMS OF FAT. INSTEAD TRY A CHICKEN KABOB FOR 450 CALORIES OR SOME CORN ON THE COB FOR A MERE 77 CALORIES.
7. **D:** 126 GRAMS OF FAT ARE IN A LARGE TUB OF POPCORN. INSTEAD OF GETTING THE LARGE SIZE, CHOOSE THE KIDS SIZE POPCORN. YOU CAN STILL SATISFY YOUR CRAVING AND SAVE YOUR SUMMER DIET.
8. **D:** A HANDFUL OF POTATO CHIPS CAN CONTAIN ANYWHERE FROM 160 CALORIES TO 200 CALORIES PER HANDFUL. YOU CAN EASILY RACK UP 1000 CALORIES BEFORE YOUR MAIN DISH IS SERVED. CONSIDER THE VEGGIE OR FRUIT TRAY INSTEAD.
9. **A:** A FRIED CHICKEN BREAST CAN HAVE 360 CALORIES AND 21 GRAMS OF FAT. TRY A SKINLESS BREAST FOR 167 CALORIES AND 7 GRAMS OF FAT. YOUR ARTERIES WILL THANK YOU LATER.
10. **A: TRUE.** THE 10,000 STEP CHALLENGE KICKS OFF JUNE 24TH AT 11:30 AM.

CITYFIT ONLINE HEALTH QUIZ IS THE FIRST TUESDAY OF EVERY MONTH ON THE CITYFIT HOMEPAGE AT: [PITTSBURGH.PA.GOV/PERSONNEL/CITYFIT](http://PITTSBURGH.PA.GOV/PERSONNEL/CITYFIT)  
THE TOPIC FOR JULY'S QUIZ IS "SUMMERTIME SAFETY & INJURIES"

ONE WINNER PER MONTH.  
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