A recent study has found that the introduction of peanut products into the diets of infants at high risk of developing peanut allergy was safe and led to an 81 percent reduction in the subsequent development of the allergy.

☐ True  ☐ False

Which of the below terms is not what doctors refer to GER as:

a. acid indigestion  c. stomach burn
b. acid reflux  d. reflux

to improve your health, aim for at least ________ minutes per week of moderately intense aerobic activity.

a. 150  b. 75  c. 100  d. 90

If you are overweight and inactive, you may be more likely to develop all but the following:

a. certain forms of cancer  d. stroke
b. heart disease  e. type 2 diabetes (high blood sugar)
c. lean muscle

Prior to 2008, clinical practice guidelines recommended avoidance of potentially allergenic foods in the diets of young children at heightened risk for development of food allergies.

☐ True  ☐ False

GERD affects about 10 percent of the U.S. population.

☐ True  ☐ False

Being more active may also help you do the following:

a. Keep your body flexible.  c. Control high blood sugar, especially if you lose weight.
b. Help you to improve your balance.  d. All of the above.

In addition to improving your physical health, moving more and eating better may also reduce stress and set an example for your family.

☐ True  ☐ False