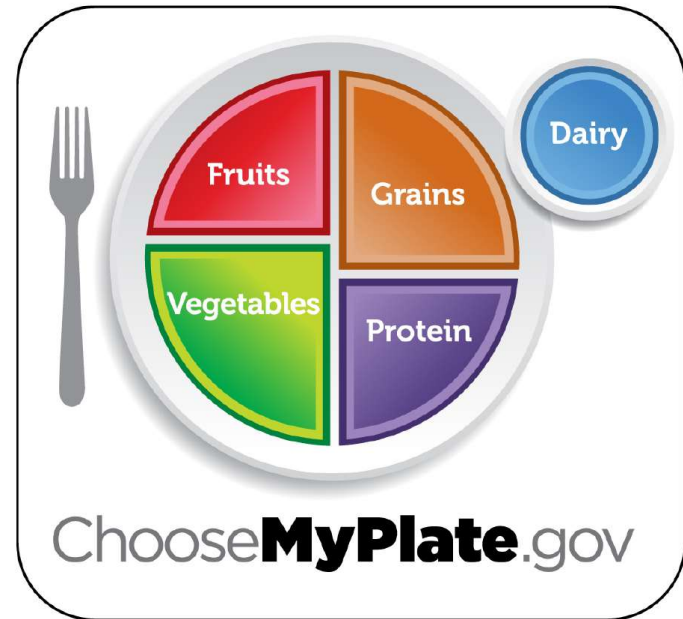


# MyPlate Trivia

# Let's Play!

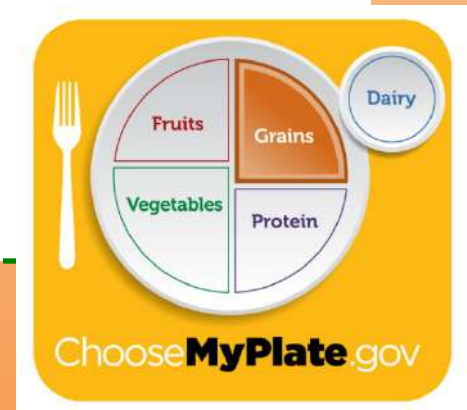
## Meet the Categories

- Grains
- Vegetables
- Fruits
- Dairy
- Protein



# Go GRAINS

- 500 points: The grain section includes the following foods *except*:
  - a) tortillas
  - b) corn
  - c) cereal
  - d) rice
  - e) pasta



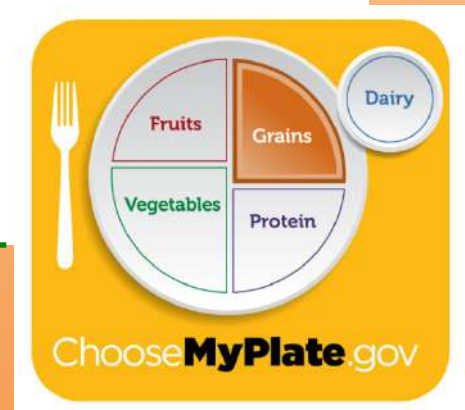
# Go GRAINS

- 500 points: The grain section includes the following foods *except*:
  - a) tortillas
  - b) corn**
  - c) cereal
  - d) rice
  - e) pasta



# Go GRAINS

- 100 points - True or false...
- Refined carbohydrates are the healthiest choices in the grain group.



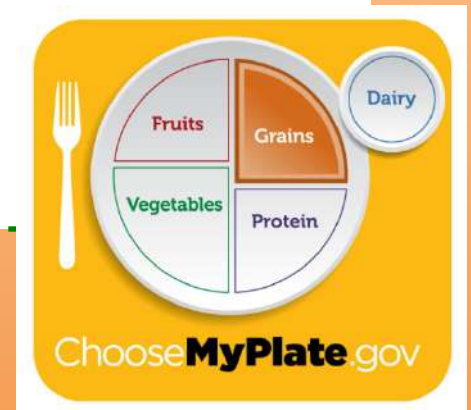
# Go GRAINS

- 100 points - **false**...
- Refined carbs have bran and germ removed.  
REFINED = REMOVED
- *Examples include:  
white bread, cookies,  
cake, candy,  
bakery items,  
crackers, bagels,  
muffins.*



# Go GRAINS

- 300 points: True or false...
- Make at least half of the grains you eat whole grains every day.



# Go GRAINS

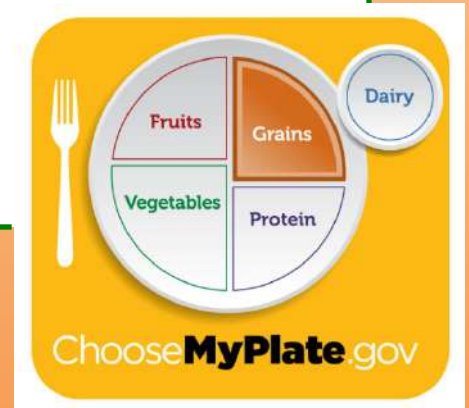
- 300 points: True
- Make half the whole grains you eat every day whole grains. This translates to at least 3 ounces of whole grains every day for most people.
- Eat whole grains for your health!





# Go GRAINS

- 200 points: An example of a whole grain is:
  - A) 100% whole wheat
  - B) oatmeal
  - C) brown rice
  - D) all of the above



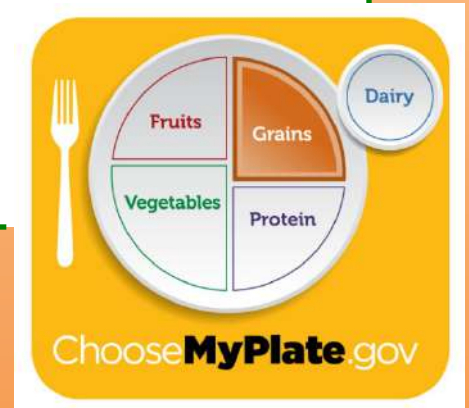
# Go GRAINS

- 200 points: An example of a whole grain is:
  - A) 100% whole wheat
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  - C) brown rice
  - D) all of the above**



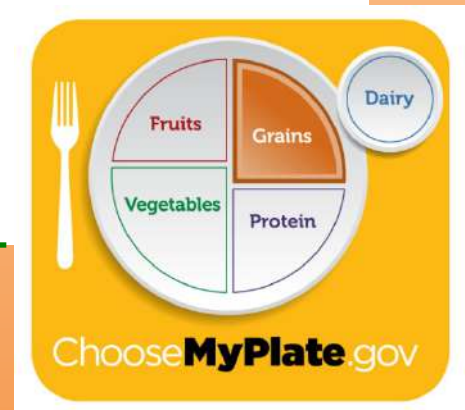
# Go GRAINS

- 400 points: Which are 1-ounce servings of grains?
  - a) 1 slice of bread
  - b) 1 cup of ready-to-eat cereal
  - c)  $\frac{1}{2}$  cup cooked rice, oatmeal or pasta
  - d) all of the above



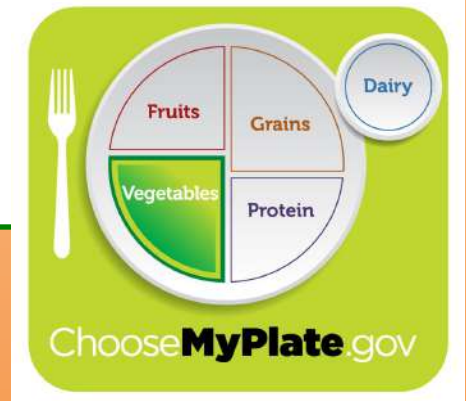
# Go GRAINS

- 400 points: Which are 1-ounce servings of grains?
  - a) 1 slice of bread
  - b) 1 cup of ready-to-eat cereal
  - c) ½ cup cooked rice, oatmeal or pasta
  - d) all of the above**



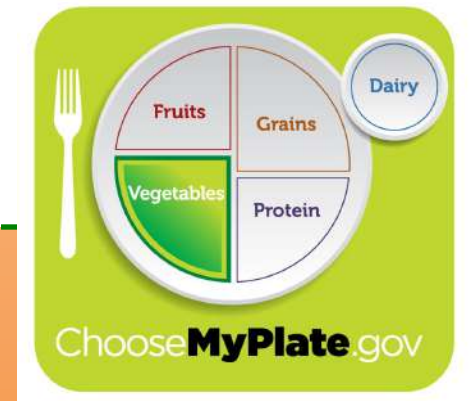
# Vary Your VEGETABLES

- 200 points: Which vegetable can also be a part of the protein food group?
  - a) cauliflower
  - b) baked potato
  - c) legumes
  - d) asparagus



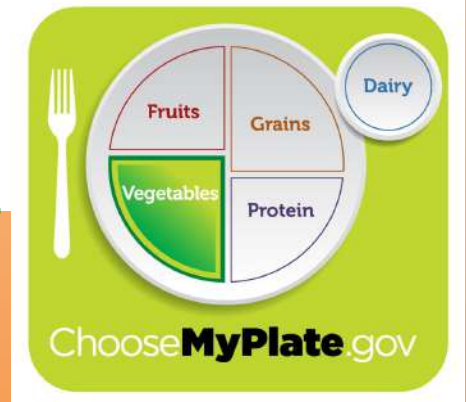
# Vary Your VEGETABLES

- 200 points: Which vegetable is a good source of protein?
  - a) cauliflower
  - b) baked potato
  - c) legumes**
  - d) asparagus



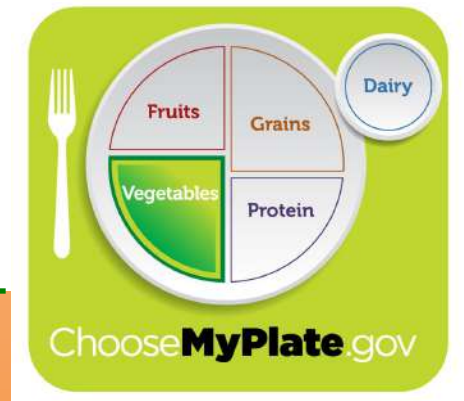
# Vary Your VEGETABLES

- 100 points: True or false... Most vegetables are fat-free (except for French Fries).



# Vary Your VEGETABLES

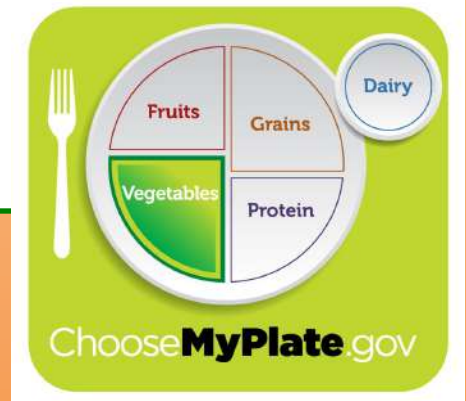
- 100 points: true
- There is very little fat in most vegetables... unless you add oil, butter, or sauces to them, potatoes included.
- Now, French fries





# Vary Your VEGETABLES

- 300 points: True or false... Two cups of 100% vegetable juice counts as one serving of vegetables.



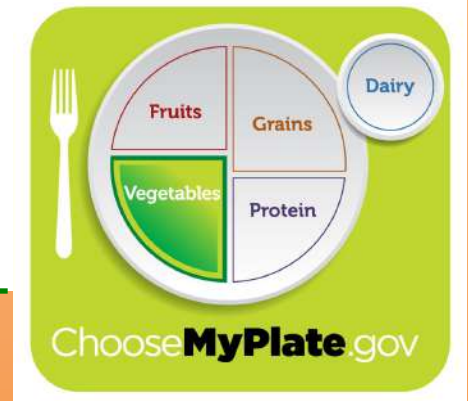
# Vary Your VEGETABLES

- 300 points: **false**
- One cup of 100% vegetable juice is equivalent to a one cup serving of vegetables.



# Vary Your VEGETABLES

- 500 points: Vegetables rich in potassium may help maintain healthy blood pressure. High levels of potassium can be found in all of the following *except*:
  - a) sweet potatoes
  - b) iceberg lettuce
  - c) tomatoes
  - d) spinach



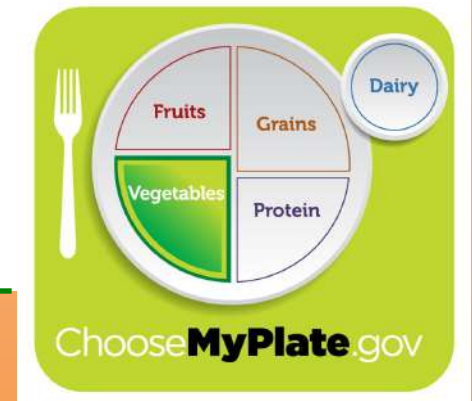
# Vary Your VEGETABLES

- 500 points: Vegetables rich in potassium may help maintain healthy blood pressure. Potassium is high in all of the following foods except:
  - a) sweet potatoes
  - b) iceberg lettuce**
  - c) tomatoes
  - d) spinach



# Vary Your VEGETABLES

- 400 points: Vegetables are grouped in how many nutrient content categories?
  - a) 3
  - b) 4
  - c) 5
  - d) 6



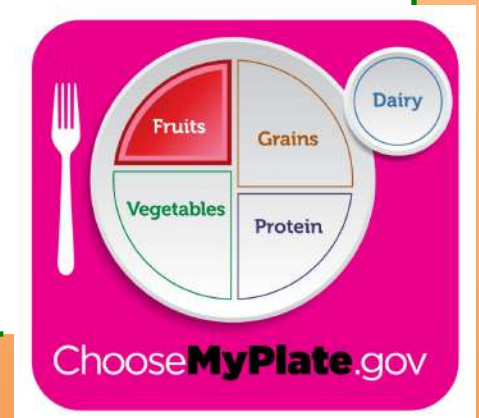
# Vary Your VEGETABLES

- 400 points: Vegetables are grouped in how many categories, according to nutrient content?
  - a) 3
  - b) 4
  - c) 5**
  - d) 6
  - Dark green, red and orange, starchy, beans and peas, and other.



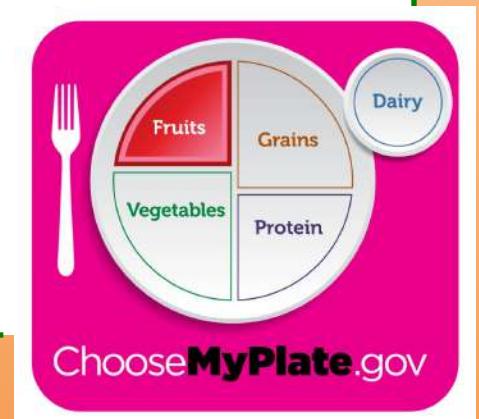
# Think FRUITS

- 200 points: These all count as one cup of fruit except:
  - a) 32 seedless grapes
  - b) ½ cup 100% fruit juice
  - c) 8 large strawberries
  - d) 1 medium pear



# Think FRUITS

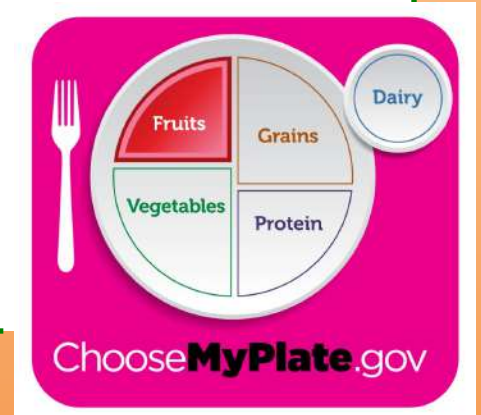
- 200 points: All below count as one cup of fruit except:
  - a) 32 seedless grapes
  - b) ½ cup 100% fruit juice**  
(One cup of fruit juice = 1 cup of fruit)
  - c) 8 large strawberries
  - d) 1 medium pear





# Think FRUITS

- 100 points: True or false... Frozen fruit blended into a smoothie would not count towards your fruit servings.



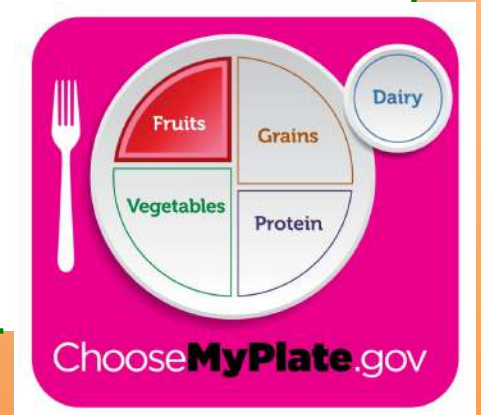
# Think FRUITS

- 100 points: **false**... Frozen fruit blended into a smoothie does count towards your fruit servings.
- Any fruit or 100% fruit juice counts as part of the fruit group.
- Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.



# Think FRUITS

- 400 points: True or false..... Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.



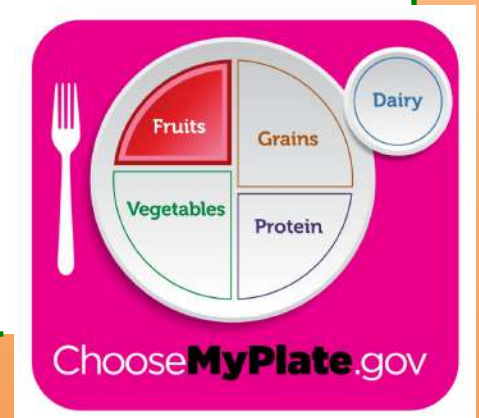
# Think FRUITS

- 400 points: **True** ..... Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.



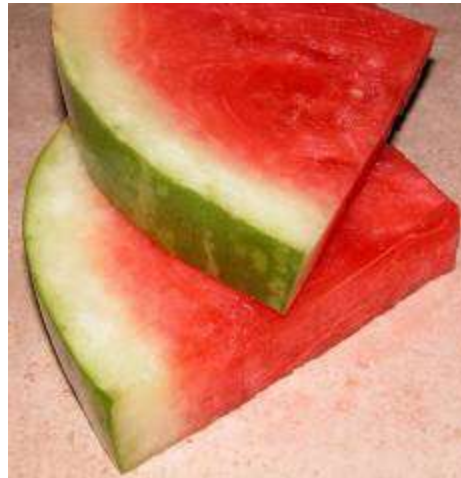
# Think FRUITS

- 500 points: Fruits are important sources of many nutrients, including all *except*:
  - a) potassium
  - b) dietary fiber
  - c) vitamin C
  - d) folate
  - e) protein



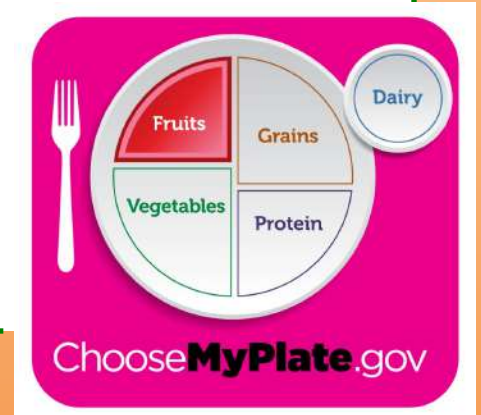
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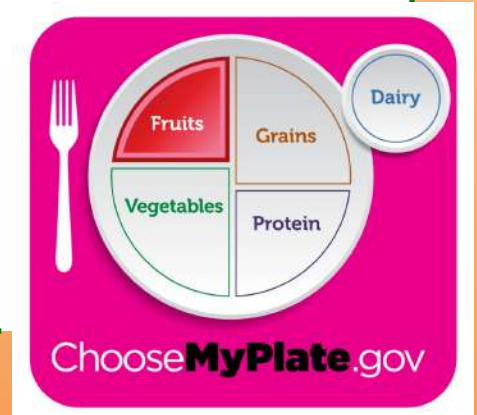
# Think FRUITS

- 300 points: True or false... An apple, eaten whole, provides you with more fiber than apple sauce or apple juice.



# Think FRUITS

- 300 points: **True** or false... An apple, eaten whole, provides you with more fiber than apple sauce or apple juice.





# Do DAIRY

- 300 points: True or false... The best choice for milk products is whole milk because it contains the highest amount of nutrients.



# Do DAIRY

- 300 points: **false**...
- Lowfat dairy should be your go-to option. Full-fat dairy is full of saturated fat, which clogs the arteries.
- The calcium content of skim milk is actually higher than whole milk. Skim milk has fewer calories too.



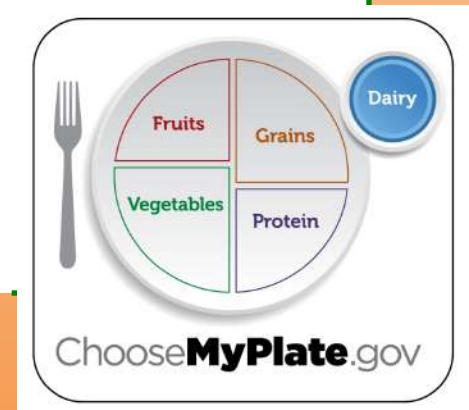
# Do DAIRY

- 200 points: True or false..... Processed cheeses do not contain enough calcium to be welcome in the dairy group.



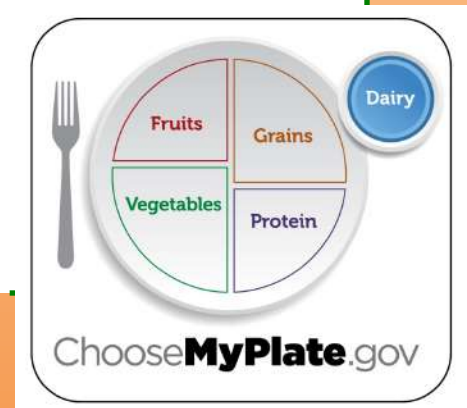
# Do DAIRY

- 200 points: True or **false**..... Processed cheeses do not contain enough calcium to be welcome in the dairy group.
- Cream cheese and butter, on the other hand, count only as empty calories.



# Do DAIRY

- 100 points: Dairy products are typically high in calcium, potassium and vitamin D, which are good for:
  - a) building bones and teeth
  - b) controlling blood pressure
  - c) maintaining bone mass
  - d) all of the above



# Do DAIRY

- 100 points: Dairy products are typically high in calcium, potassium and vitamin D, which are good for:
  - a) building bones and teeth
  - b) controlling blood pressure
  - c) maintaining bone mass
  - d) all of the above**



# Do DAIRY

- 400 points: Cheese and whole milk products contain saturated fat, which:
  - a) increases your bad cholesterol (LDL)
  - b) increases your risk for heart disease
  - c) A and B
  - d) none of the above



# Do DAIRY

- 400 points: Cheese and whole milk products contain saturated fat, which:
  - a) increases your bad cholesterol (LDL)
  - b) increases your risk for heart disease
  - c) A and B**
  - d) none of the above
- *Cheese is the number one source of saturated fat in the American diet.*





# Do DAIRY

- 500 points: To determine the milligrams of calcium per serving on a Nutrition Facts Label, multiply the calcium percentage by:

- a) 10
- b) 35
- c) 75
- d) 15

<b>Cholesterol</b> 4.4mg	1%
<b>Sodium</b> 126mg	5%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 0g	
Sugars 10g	
<b>Protein</b> 8g	
<hr/>	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 1%
Vitamin D 26%	Vitamin B12 15%



# Do DAIRY

- 500 points: To determine the milligrams of calcium per serving on a Nutrition Facts Label, multiply the calcium percentage by:

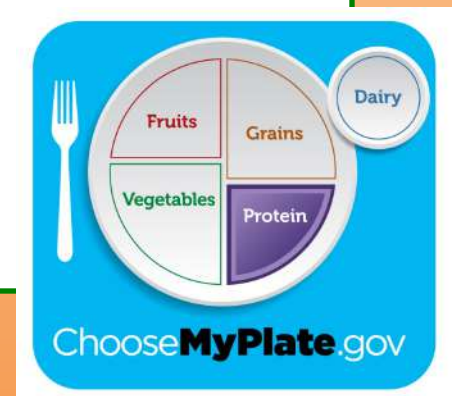
- a) 10**
- b) 35
- c) 75
- d) 15

<b>Cholesterol</b> 4.4mg	1%
<b>Sodium</b> 126mg	5%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 0g	
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<hr/>	
Vitamin A 10%	Vitamin C 4%
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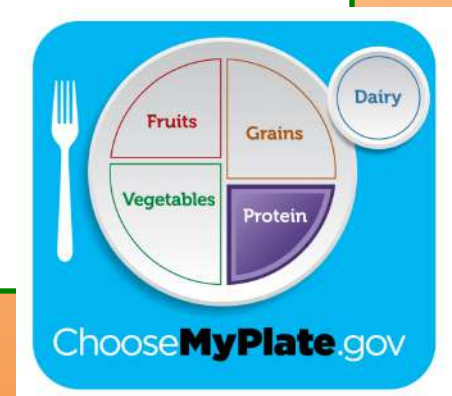
# Explore the world of PROTEIN

- 200 points: The protein group includes all of the following foods *except*:
  - a) eggs
  - b) sunflower seeds
  - c) olives
  - d) peanut butter



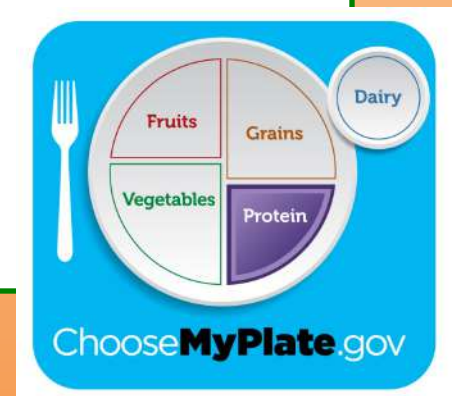
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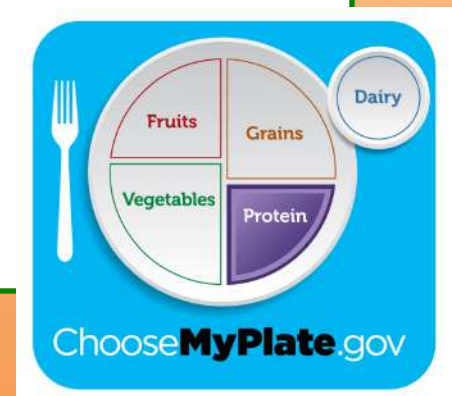
# Explore the world of PROTEIN

- 100 points: Meat and poultry choices in the protein group should be:
  - a) small
  - b) lean
  - c) low sodium
  - d) all of the above



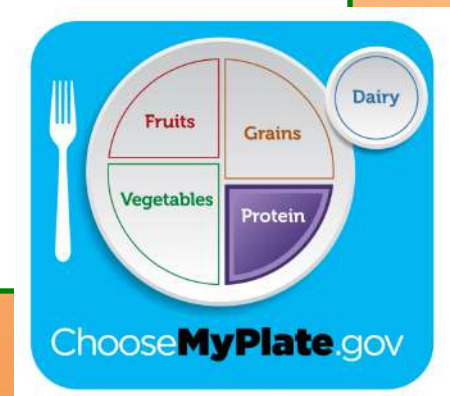
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  - a) small
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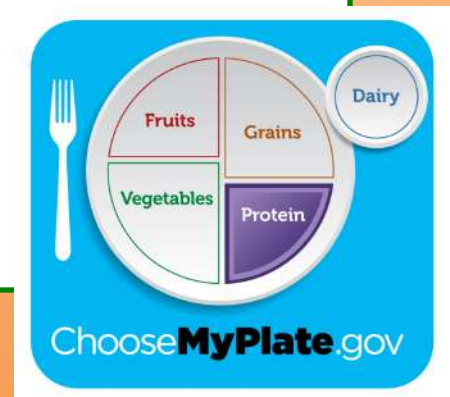
# Explore the world of PROTEIN

- 300 points: True or false...
- Fatty fish like salmon can help reduce your risk for heart disease.



# Explore the world of PROTEIN

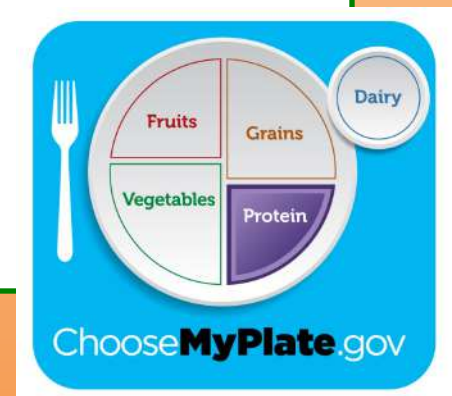
- 300 points: **True**
- Fatty fish like salmon, mackerel, tuna, and herring are rich in heart healthy fats.
- Nuts are also a source of heart healthy fat.





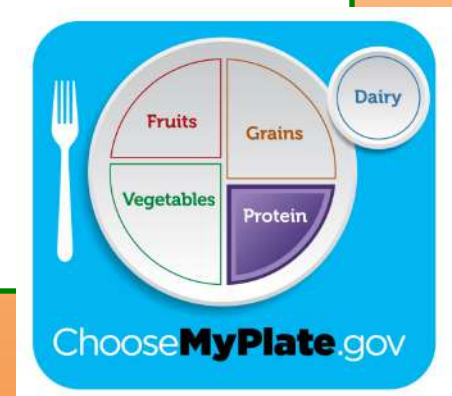
# Explore the world of PROTEIN

- 500 points: An example of a 1-ounce serving of protein includes all of the following *except*:
  - a)  $\frac{1}{4}$  c tofu
  - b) 2 eggs
  - c) 1 Tbsp. peanut butter
  - d)  $\frac{1}{2}$  oz nuts
  - e) 1 egg



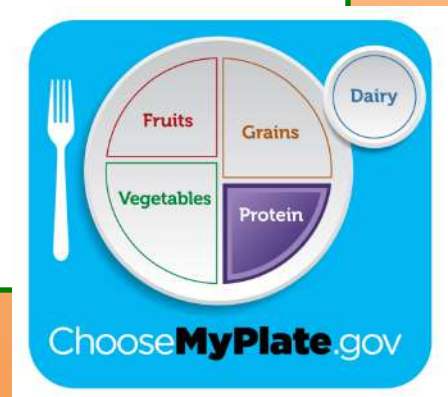
# Explore the world of PROTEIN

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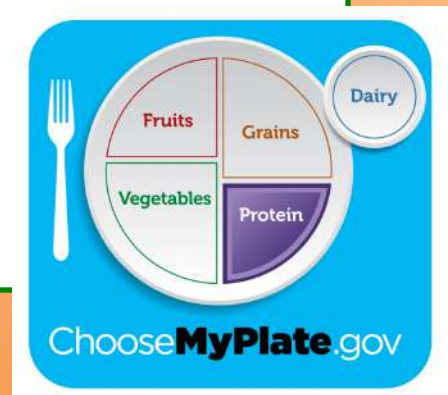
# Explore the world of PROTEIN

- 400 points: When choosing foods from the protein group which two options are most important?
  - a) Choose items low in saturated fat
  - b) Choose items low in fiber
  - c) Choose a healthy variety, including fish, nuts, and beans
  - d) Choose high-cholesterol items



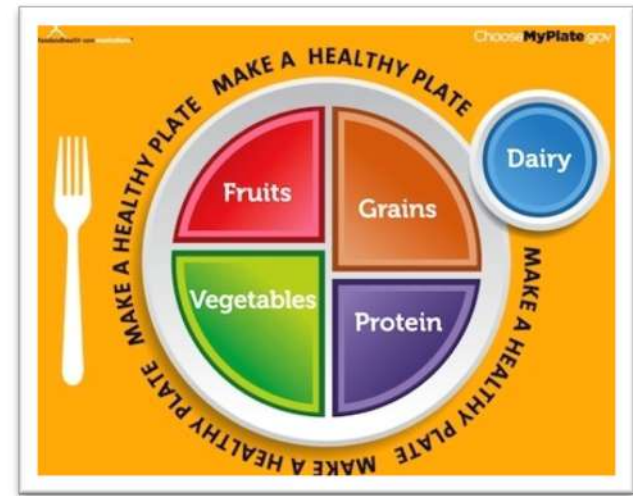
# Explore the world of PROTEIN

- 400 points: Two important things to know for the Meat/Beans group are:
  - a) Choose items low in saturated fat
  - b) Choose items low in fiber
  - c) Choose a variety, including fish, nuts, and beans
  - d) Choose high-cholesterol items



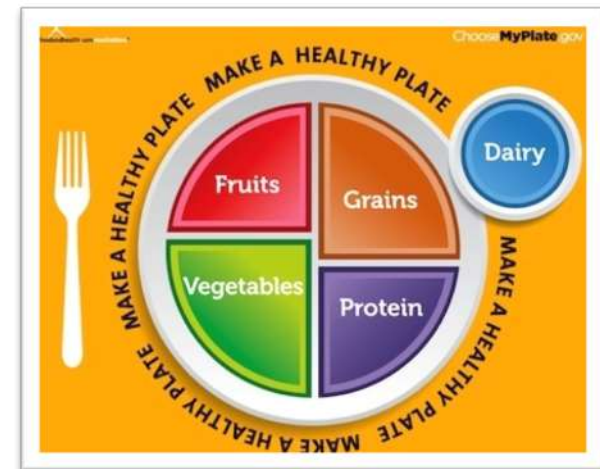
# BONUS: Empty Calories

- 200 point bonus question: True or false...
- Solid fats like butter, beef fat and shortening contain more saturated and/or trans fats than oils.



# BONUS Question: Oils

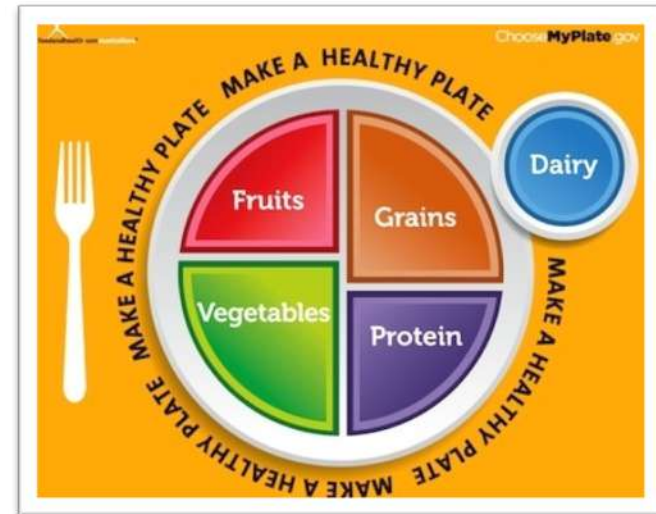
- 200 point bonus question: True
- Solid fats like butter, beef fat, and shortening contain more saturated and/or trans fats than oils.



# BONUS Question:

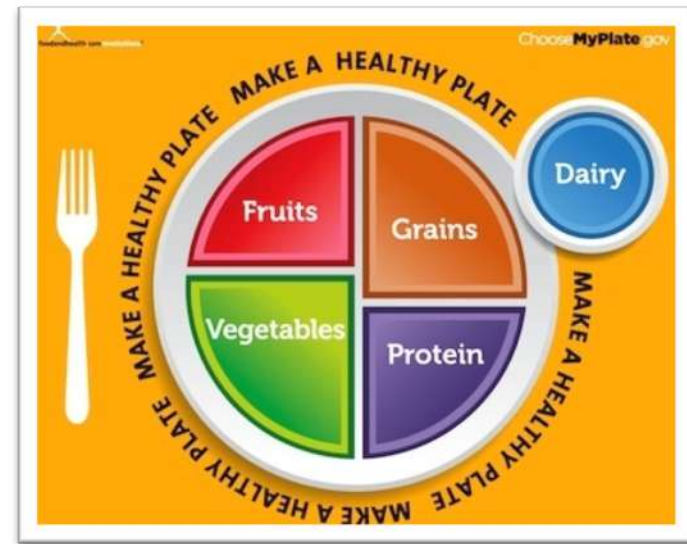
## Physical Activity

- 500 bonus points: How many minutes per day of moderate physical activity are recommended to prevent weight gain?
  - a) 20
  - b) 30
  - c) 60
  - d) 90



# BONUS Question: Physical Activity

- 500 bonus points: How many minutes per day of moderate physical activity are recommended to prevent weight gain?
  - a) 20
  - b) 30
  - c) 60
  - d) 90





# Final BONUS Question

- 200 point bonus question: What is the website where you can go to find out more about MyPlate?



# Final BONUS Question

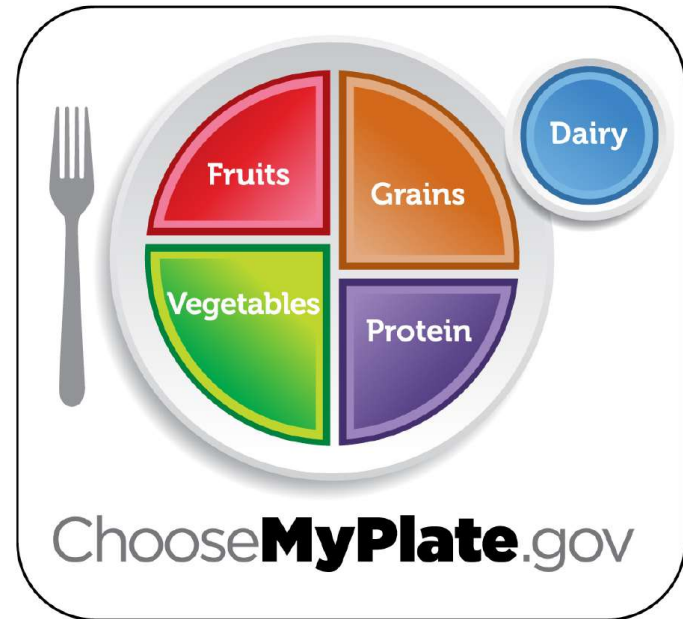
- 200 point bonus question: What is the website where you can go to find out more about MyPlate?
- ANSWER: **ChooseMyPlate.gov**

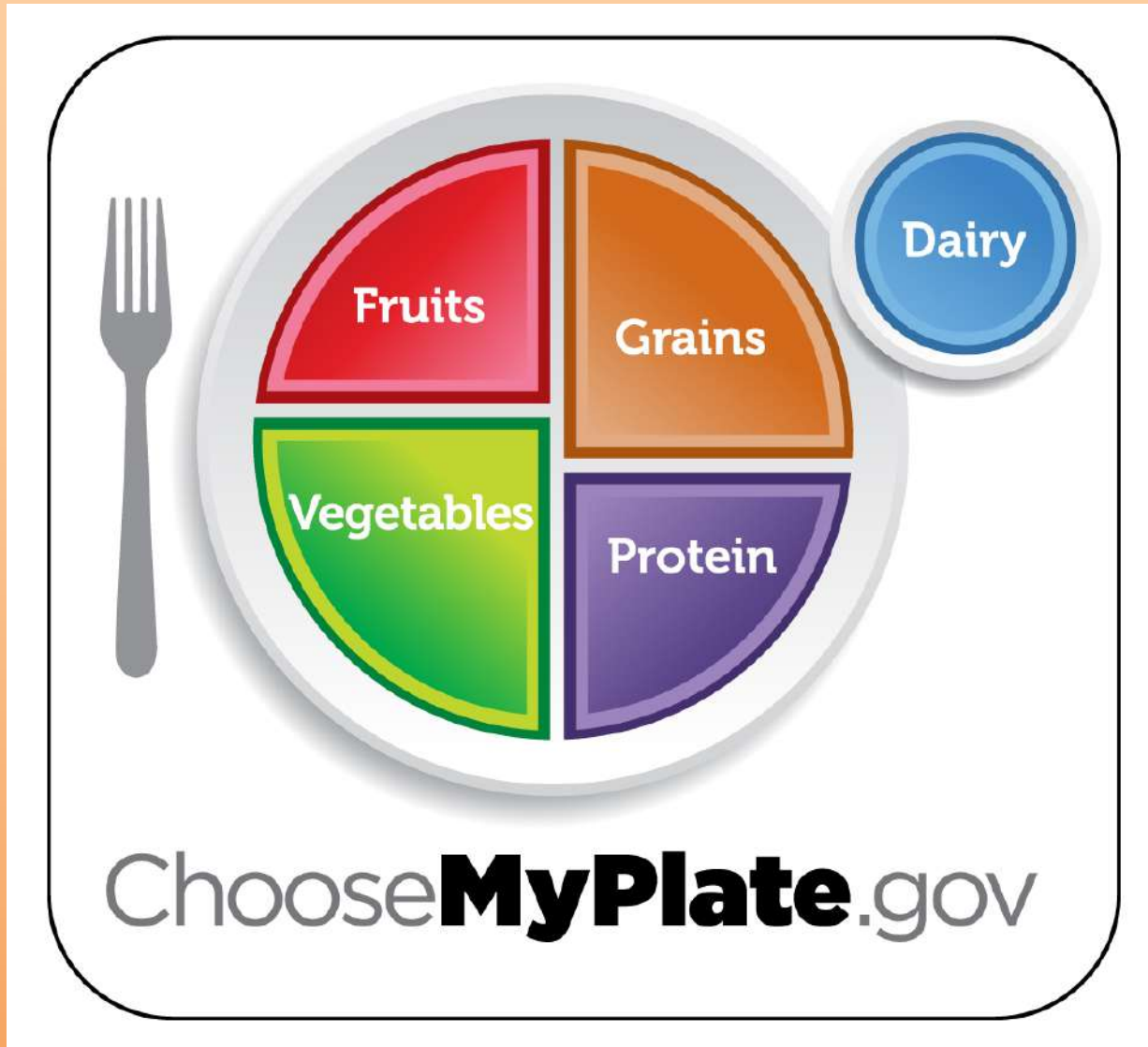


# Tally the Points for Each Section

- Grains
- Vegetables
- Fruits
- Dairy
- Protein
- Bonus

How did you do?





Thanks for Coming!