MyPlate Trivia
Let’s Play!

Meet the Categories

• Grains
• Vegetables
• Fruits
• Dairy
• Protein

Choose MyPlate.gov
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. RENFED = 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
  B) oatmeal
  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) ½ 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
200 points: Which vegetable can also be a part of the protein food group?

a) cauliflower
b) baked potato
c) legumes
d) asparagus
• 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 are a different story!
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 in 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
• 500 points: Fruits are important sources of many nutrients, including all except:
  a) potassium
  b) dietary fiber
  c) vitamin C
  d) folate
  e) protein
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.
• 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

Choose MyPlate.gov
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**
• 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.*
• 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
• 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

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>4.4mg</td>
<td>1%</td>
</tr>
<tr>
<td>Sodium</td>
<td>126mg</td>
<td>5%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>11g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>10g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>8g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td></td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td></td>
<td>4%</td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td>30%</td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td>1%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td></td>
<td>26%</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td></td>
<td>15%</td>
</tr>
</tbody>
</table>
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
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
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
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
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) ¼ c tofu
  b) 2 eggs
  c) 1 Tbsp. peanut butter
  d) ½ oz nuts
  e) 1 egg
Explore the world of PROTEIN

• 500 points: An example of a 1-ounce serving of protein includes all of the following except:
  a) ¼ c tofu
  b) 2 eggs
  c) 1 Tbsp. peanut butter
  d) ½ oz nuts
  e) 1 egg
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?

ChooseMyPlate.gov
Thanks for Coming!