

# MyPlate Family Face-off Answer Key

## Round 1: Protein

Answer	Points
Chicken	44
Seafood/Fish	21
Eggs	13
Beans	12
Beef/Hamburgers	6
Nuts/Peanut Butter	5

## Round 2: Dairy

Answer	Points
Cheese	40
Yogurt	29
Milk	26
Soy Milk	3

## Round 3: Veggies

Answer	Points
Broccoli	16
Lettuce/Salad	14
Carrots	14
Spinach	14
Tomatoes	12
Kale	6

## Round 4: Grains

Answer	Points
Bread	28
Rice	25
Oatmeal	21
Pasta	11
Cereal	6

## Round 5: Fruits

Answer	Points
Berries	27
Apples	20
Bananas	14
Oranges	12
Melon/Watermelon	7
Grapes	6



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