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Round #1: Protein

Family Face-off



**The top 6 answers are on the board.
Because we figured they must eat
well, we asked 100 nutritionists: What
food do you most often eat from the
MyPlate Protein food group?**



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Round #1: Protein (Answer Key)

Family Face-off



- **Chicken:** Try grilled chicken instead of fried chicken and it will have much less fat and grease.
- **Seafood/Fish:** Eating seafood 2-3 times per week is good for your mind! Fatty fish are high in omega-3 fats, which is good for brain health.
- **Eggs:** Very nutritious and not too expensive! A hard-boiled egg can make a great, quick snack filled with protein.
- **Beans:** A great plant source of protein and zinc! Plus, they are an excellent source of fiber, which helps keep you regular.
- **Beef/Hamburger:** Try leaner cuts of beef to cut down on fat. Have a single burger patty instead of a double; you'll probably feel just as full without eating so much saturated fat.
- **Nuts/Peanut Butter:** They make great snacks! Go for unsalted. A serving is 1 handful of nuts or 2 tablespoons of peanut butter.



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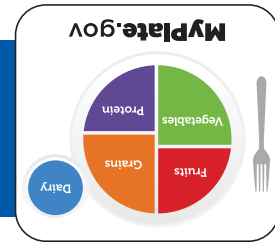
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Round #2: Dairy

Family Face-off



The top 4 answers are on the board.
We asked 100 nutritionists: What
food do you most often eat from the
MyPlate Dairy foods group?



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Round #2: Dairy (Answer Key)

Family Face-off



- **Cheese:** Cheese is a good source of calcium, but don't go overboard! A low-fat cheese stick makes for a perfect snack.
- **Yogurt:** Yogurt is high in protein and calcium. Try to find a yogurt you like that is lower in fat and added sugars.
- **Milk:** Delicious and nutritious! If you aren't already, try making the switch to a low-fat variety. We already get more than enough fat from the other foods we eat.
- **Soy Milk:** A great choice if you're lactose intolerant, allergic to milk, or vegan. Read the carton and choose soy milks with fewer added sugars.



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Family Face-off



Round #3: Vegetables

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The top 6 answers are on the board.
We asked 100 nutritionists: What
food do you most often eat from the
Vegetable group?



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Family Face-off



Round #3: Vegetables (Answer Key)

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- **Broccoli:** If you don't like cooked broccoli, try it raw and pair it with a low-fat dressing, like ranch.
- **Lettuce/Salad:** If salad seems boring to you, try adding foods from other food groups, like cut-up fruit, nuts, or crumbled cheese, to mix it up!
- **Carrots:** Baby carrots are so easy to pack up and take anywhere as a snack! Try some with hummus, or even guacamole.
- **Spinach:** If you don't like spinach, try hiding it in omelets, pizza, or lasagna and you may not even notice it! It's a great source of iron and potassium.
- **Tomatoes:** Yes, tomatoes are a vegetable ... at least according to MyPlate! Did you know? Tomatoes are high in vitamin C and other antioxidants.
- **Kale:** If you don't like raw kale, try making your own kale chips! Be careful with kale chips from the store; they usually have too much fat and salt.



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Round 4: Grains

Family Face-off



**The top 5 answers are on the board.
We asked 100 nutritionists: What food
do you most often eat from the Grain
group?**

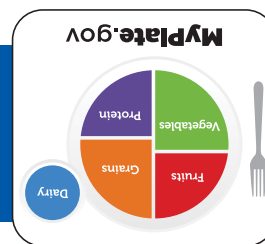


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Family Face-off



Round 4: Grains (Answer Key)

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- **Bread:** Look for breads with “whole wheat” as the first ingredient. There are many different kinds. Some may be soft, and some may include seeds or oats.
- **Rice:** Brown rice is the most common whole grain rice. If you don’t like it plain, try it fried, or use seasonings like Adobo or cilantro.
- **Oatmeal:** A great, easy breakfast option. Try “overnight oats” and add milk or yogurt, cinnamon, raisins or apples, and even peanut butter.
- **Pasta:** Whole grain pasta will have “whole wheat” as the first ingredient. It needs less time to cook than regular pasta. Otherwise, it will end up having a gummy texture.
- **Cereal:** Try to aim for a cereal made from whole grains and with less than 6 grams of sugar per serving.



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Round 5: Fruits

Family Face-off



**The top 6 answers are on the board.
We asked 100 nutritionists: What food
do you most often eat from the fruit
group?**



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Round 5: Fruits (Answer Key)

Family Face-off



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- **Berries:** Berries taste the best and cost the least when they're in season! Stock up on blueberries, strawberries and more during late spring and early summer.
- **Apples:** Apples are full of fiber and vitamin C. Try slicing them up and pairing them with peanut butter or yogurt.
- **Bananas:** Need an on-the-go breakfast? Put bananas, yogurt, and ice in a blender for a quick and nutritious smoothie.
- **Oranges:** Did you know? Oranges and other citrus fruits are in season during the winter. That's the best time to buy them fresh.
- **Melon/Watermelon:** Different colored melons have different nutrients. Watermelon, cantaloupe, and honeydew are all delicious options.
- **Grapes:** Looking for a healthy frozen snack? Put your grapes in the freezer! They taste like a popsicle, but without all the added sugar and artificial flavors.



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