

ANSWER KEY

1. *TRUE*
2. *FALSE*. Half of each plate should be fruits and vegetables, and while all vegetables are good for you, dark green, orange, and red ones are the most nutritious.
3. *FALSE*. You can eat frozen or canned fruits as well as fresh fruits.
4. *TRUE*
5. *TRUE*
6. *A*. Choose brown rice instead of white rice. It has more nutrients.
7. *C*. Poultry is considered a lean protein, but only if it's skinless.
8. *D*. All of these choices have fats, but olive oil is the healthiest.
9. *B*. Always choose water. It's readily available, calorie-free, and refreshing!
10. *C*. Skip buffets where you're apt to overeat, order salads with low-fat dressing on the side, and limit fried foods in your diet.