

NEAT Review Sheet

"NutriTweets"

1. It is important to make half your grains whole because you add more _____ to your diet.
2. Drinking a cup of juicy juice or minute made grape juice is healthier than eating a whole apple. T or F
3. Fats that are solid at room temperature are usually healthier than fats that are liquid at room temperature
T or F
4. You can get most of your calcium from:
 - a) fruits
 - b) meats
 - c) milk group foods
 - d) breads
5. If you are trying to watch your weight, which of the following would be the best protein source (meat) to consume?
 - a) barbeque ribs
 - b) grilled chicken
 - c) buffalo wings
 - d) chicken nuggets