

“This or That”

Snacks, Whole Grains, Dairy, Vegetables,
Fruits, Protein, Beverages

**Interactive Participant Activity for
the *Heart Smarts* Curriculum**



Snack

Out of these snacks, which would you guess has the most fiber per serving?

- 1. An apple**
- 2. Serving of fried chips**
- 3. Serving of 'light' popcorn**
- 4. Candy bar**

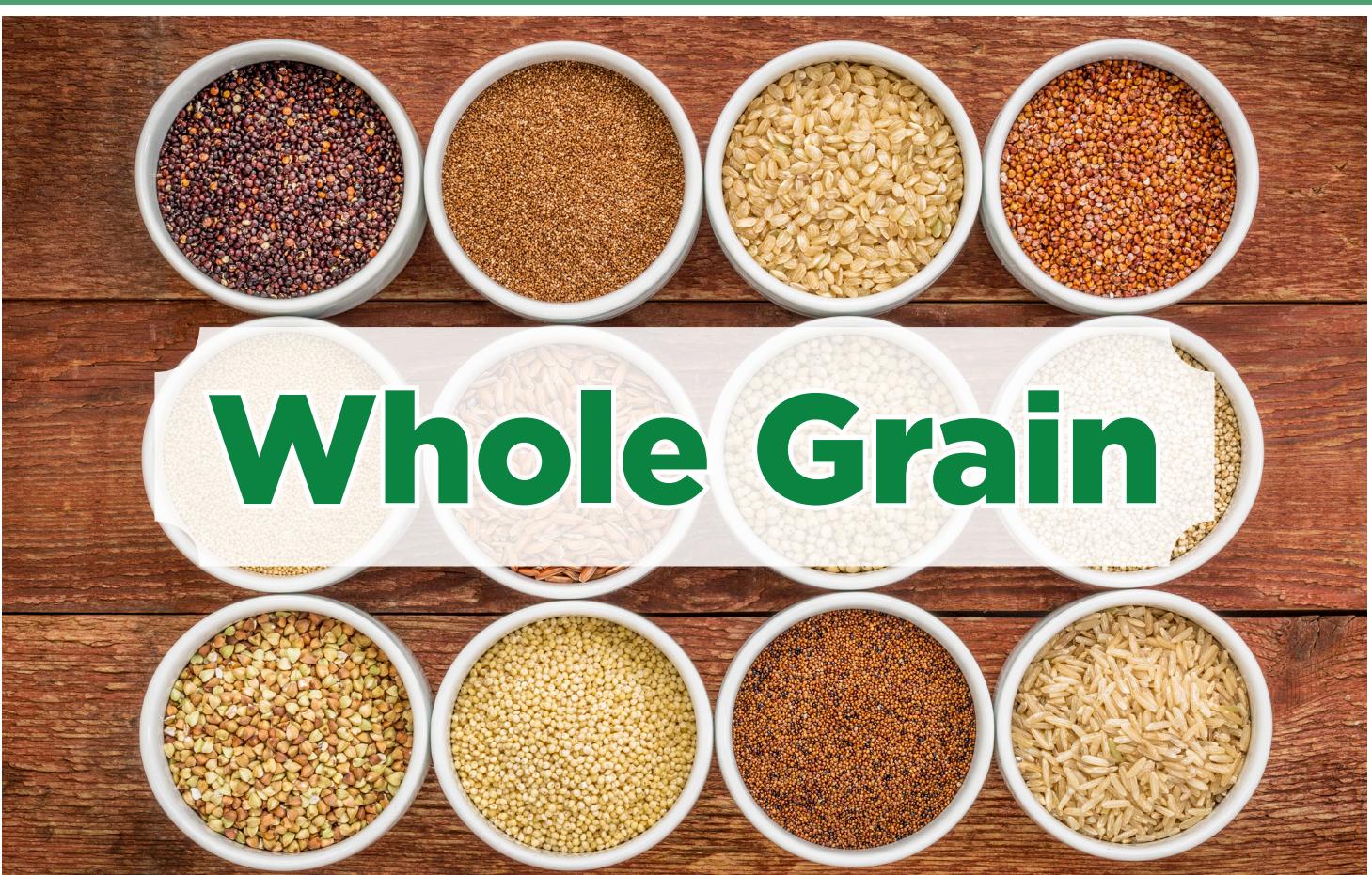
ANSWER: An apple (around 4g)



How many serving are in the bag of chips?

Answer: Locate on the nutritional facts label





**Which one of these is not
a whole grain?**

- 1. Serving of popped popcorn**
- 2. Slice of whole wheat bread**
- 3. Slice of white bread**
- 4. Whole wheat tortilla**

Answer: Slice of white bread



Where on the food label would you identify if it is a whole grain?

Answer: Ingredients list





Dairy

Which one of these two yogurts would be a better option if you are cutting back on sugar?

- 1. Plain yogurt**
- 2. Flavored yogurt**

Answer: Plain yogurt



What are ways you can sweeten plain yogurt?

Answer: adding fruit, honey





Vegetable

True or false, potassium can be found in dark leafy green vegetables.

Answer: True



How many cups of vegetables should we aim for every day?

Answer: 2½ cups





Fruit

What do the following fruits have in common?

- 1. Strawberry**
- 2. Orange**
- 3. Kiwi**

Answer: Source of Vitamin C



**True or false, when available,
choose whole fruits over
fruit juices.**

Answer: True





Protein

Which one of these is not a protein?

1. A serving of nuts or seeds
2. A can of beans
3. A can of fish
4. A can of chicken

Answer: None, they are all proteins



Where on the food label would you identify the amount of protein?

Answer: Locate the protein section



Beverage



How much water should we aim to drink every day?

Answer: 64 ounces, 8 cups or half
of your body weight in ounces



What are perks of drinking more water?

1. Enhanced energy levels
2. Boost brain health
3. Skin health
4. All of the above

Answer: All of the above

