

# “This or That”

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

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

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# 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





# Whole Grain

**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**





**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





**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

