

Protein Quiz!

What do you know about MyPlate's protein food group? Find out with this speedy protein quiz!

1. Which of the following is part of the protein food group?

- A. Meat
- B. Beans and peas
- C. Poultry
- D. Processed soy products
- E. Eggs
- F. Seafood
- G. Nuts and seeds
- H. All of the above

2. Fill in the blank: Most people should eat _____ ounces of seafood per week.

- A. 0
- B. 4
- C. 8
- D. 12

3. True or false? The advice to consume seafood does not apply to vegetarians.

- A. True
- B. False

4. Which of the following does *not* count as an ounce equivalent in the protein food group?

- A. 1 ounce of meat, poultry or fish
- B. 1 ounce of nuts or seeds
- C. ¼ cup cooked beans
- D. 1 egg
- E. 1 tablespoon of peanut butter

Answers:

- 1. H. All of the above
- 2. C. 8
- 3. A. True
- 4. B. 1 ounce of nuts or seeds. 1/2 an ounce of nuts or seeds is an ounce equivalent in the protein food group.

