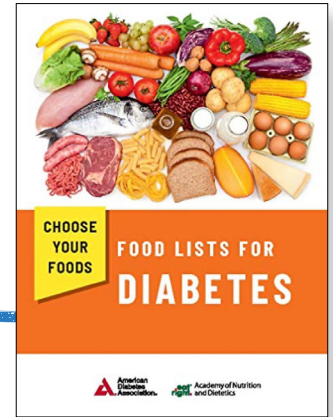



**MISSION
POSSIBLE**

Your mission—should
you choose to accept it:
Get to know your
“Choose Your Foods”
booklet!



Question	Your answer
Which pages list monounsaturated fats?	
Which pages list starchy vegetables?	
How much carb is in one serving of fruit?	_____ grams of carbohydrate
What is the symbol for “Good Source of Fiber”?	
Which pages show information on non-starchy vegetables?	
How many carb grams are in a serving of non-starchy vegetables? • Serving size raw? • Serving size cooked?	_____ g per cup _____ g per cup
Which pages will you find rice and pasta on?	
How much is a serving of rice or pasta?	
Circle the nutrient group for brownies.	CARB PROTEIN FAT
Circle the nutrient group for cheese.	CARB PROTEIN FAT
What is this symbol in your book? 	
Circle the nutrient group for nuts.	CARB PROTEIN FAT
Which pages list lean proteins?	