

NAME: _____ EMAIL: _____ Phone: _____

FOOD TRIVIA CHALLENGE

Which of these options do you consider the healthiest meal?

Circle your answer.

1. Breakfast	Multi grain Cheerios with fat free milk, glass of orange juice and whole wheat toast with smart balance spread	Two whole scrambled eggs, turkey sausage, spinach and ½ a grapefruit
2. Breakfast	Steel cut oats with whole milk, nuts, diced apple and coconut	Fat free plain yogurt with blueberries, coconut, granola and honey
3. Lunch	Lean Cuisine frozen entrée with a small side salad with fat free ranch dressing and a 100 calorie pack Pepperidge Farm whole grain cheddar gold fish	3 oz grass fed beef burger on sprouted toast with lettuce and tomato and a side of sweet potato fries baked in coconut oil
4. Lunch	Large chef's salad (organic ham, organic turkey, organic cheddar, egg, carrots, tomatoes and mixed baby lettuce) with fat free balsamic dressing	Sprouted tortilla wrap with olive oil hummus, full fat organic feta cheese, cucumbers, tomatoes, sprouts, and lettuce with a side of sprouted organic tortilla chips
5. Dinner	Whole wheat pasta with jarred organic pasta sauce and mixed vegetables (broccoli, zucchini and yellow squash)	Quinoa pilaf with cranberries and almonds, 3 oz turkey burger and bell peppers, snow peas, and carrots sautéed in coconut oil
6. Dinner	Farm raised salmon, brown rice, steamed broccoli	3 oz grass fed steak, sprouted red rice, broccoli sautéed in olive oil
7. Dinner	Chicken fajitas sautéed in canola oil (mushrooms, peppers, onion and tomatoes) with whole wheat tortillas, organic cheddar and organic salsa	Whole roasted chicken rubbed with grass fed butter and rosemary, roasted purple potatoes with olive oil, steamed broccoli
8. Snack	Homemade hummus and celery	Skippy natural peanut butter and celery
9. Snack	Fat free yogurt with fruit and nuts	Full fat yogurt with flax seed and fruit
10. Snack	Fat free Microwave popcorn	Trader Joes olive oil popcorn
11. Snack	150 calorie pack trail mix	Apple with organic almond butter

12. BONUS: Are all these foods displayed on the table part of a healthy diet? Yes or No

If not, which ones would you not eat?

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| <ol style="list-style-type: none"> 1. Fiber One Cranberry Almond protein cereal 2. Eggo Nutri Grain Blueberry waffles 3. Organic Whole Wheat penne rigate 4. Amy's organic gluten free baked ziti bowl 5. Kelloggs Special K Protein bars 6. Arnolds 100% Whole Wheat Flax and Fiber Sandwich Thins | <ol style="list-style-type: none"> 7. Aztec Superfoods Chia Seeds 8. Sierra Trail Mix Clif Bar 9. Think Thin Chunky Peanut Butter High Protein Bar 10. Go Raw Organic Live Pumpkin Bar |
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