**Quiz**

1. Beans, peas, lentils, and other legumes are great plant-based sources of protein. But they’re also vegetables. On meatless days, what food group do you put your beans in?
   1. Protein group
   2. Vegetable group
   3. Split them: fill up your protein servings, then put the remaining servings in vegetables
   4. Split them: fill up your vegetable servings, then put the remaining servings in protein

Answer: c. Split them: fill up your protein servings, then put the remaining servings in vegetables. If you’re having a meatless day, or if you are vegetarian or vegan, it’s important to get enough protein. Count your beans, peas, lentils, and any other legumes toward your protein servings. Make sure you get all your protein for the day. If you still have bean servings left, add them to your vegetable count.

1. True or False: Seafood has no place in a healthy diet.

Answer: False. Seafood has an important place in a healthy diet. Seafood is a healthy source of protein. Some kinds, like salmon, cod, and mackerel, also have heart-healthy fats. So grab a seafood dinner at least once a week!

1. Which one of the following is an example of one “ounce equivalent” of protein:
   1. 1 egg
   2. 1 ounce of chicken
   3. ½ ounce of nuts or seeds
   4. All of the above

Answer: D. All of the above. Since foods in the protein group have different amounts of protein in them, one “ounce equivalent” for one food may look different than one “ounce equivalent” for another food. Once you learn how much an ounce equivalent is for each type of protein food, you’ll be on your way to identifying all types of protein foods.

1. True or False: If you’re trying to gain weight, eating fattier cuts of meat is a healthy way to get extra calories.

False. This one is a little bit of a trick question. Eating fattier cuts of meat, like 80/20 ground beef, hot dogs, or salami do give you more calories than leaner cuts of meat. If you’re goal is to gain weight, you may want to get as many calories as possible. But the trick here was the word “healthy.” Gaining weight shouldn’t come at the expense of your health. Choose leaner cuts of meat and you’ll avoid unnecessary and unwanted saturated fats and cholesterol.