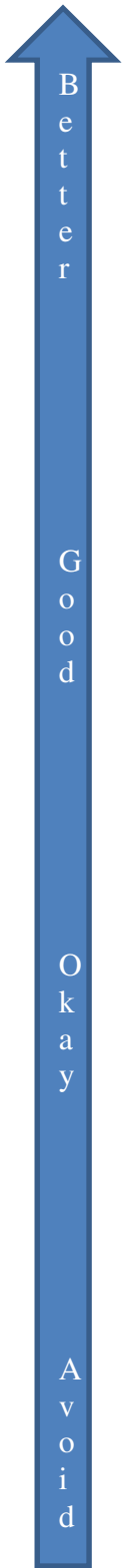


Directions: Put the following foods into the MyPlate Food Choice Continuum. Consider nutritional value, sodium content, fat content, portion size, foods that fall into multiple categories, etc. Be prepared to defend your answers. Star any foods that don't belong in one of the five categories.

- Strawberries & Whip Cream
- Donut
- 8oz Skim Milk
- Grilled Onions & Peppers
- 8oz Steak
- Large Fries
- 5 Beef Tacos
- 2 cups Orange Juice
- Hummus
- Hard Boiled Egg
- Hot Dog & Bun
- 20 Slices of Peperoni
- Hawaiian Pizza
- 16oz Soda
- Candy Corn
- 1 cup Quinoa
- Whole grain slice of bread
- 1 cup boiled cauliflower
- 1 cup green beans, steamed
- 2 Slices Watermelon
- 2 cups blueberries
- Chocolate Chip Cookie
- ½ cup Whole Wheat Pasta
- 1 cup pearly barley
- 1/4 cup dried mango
- 1 cup oat meal
- Roast Beef Sandwich on Rye
- 16oz Lemonade
- 2 Pancakes
- 1 Waffle
- 3oz broiled fish
- 1 cup stuffing
- 1 cup mashed potato
- 2 cups salad & 2 Tbsp. Ranch
- 20 chicken nuggets
- 10 Buffalo Wings
- 5 Onion Rings

- Steamed Broccoli
- Fried Fish
- Spaghetti & Meatballs
- Loaded Baked Potato
- Microwaved sweet potato
- Apple
- Orange
- 8oz can of Fruit Cocktail
- Spinach artichoke dip
- Low fat Blueberry yogurt cup
- 1lb Lobster
- Birthday Cake
- Brown Rice
- Sushi
- Corn on the cob
- Fried Okra
- Potato Chips
- Pretzels
- Fruit Roll-Ups
- Pickles
- Olives
- Grill Cheese on White Bread
- Turkey Sandwich on Wheat
- Scalloped Potatoes
- Acorn Squash
- Scrambled Eggs with Cheddar
- Ice cream
- Gelato
- Cherry Pie
- Apple Pie
- Hash Browns
- Bacon
- 3oz Grilled Chicken
- Mozzarella Sticks
- Tomato Soup from a can
- 8oz Apple Juice
- 2 Biscuits

[MYPLATE FOOD CHOICE CONTINUUM]



<i>Vegetables</i>	<i>Protein</i>	<i>Dairy</i>	<i>Fruits</i>	<i>Grains</i>