**USDA Protein Quiz from: https://www.choosemyplate.gov/quiz-index**

**Most Americans get enough protein in their diets.**

True

False

**All adults need the same amount of food from the Protein** **Foods Group.**

True

False

**Protein Foods can contribute to sodium intake.**

True

False

**What food group are beans and peas counted in?**

Vegetable Group

Protein Foods Group

Both

Neither

**Which food is a vegetarian choice in the Protein Foods Group?**

Hummus (made with chick peas)

Sesame seeds

Peanut butter

Black bean veggie burgers

All of the above

**Nuts and seeds are good sources of what?**

Protein

Dietary fiber

Minerals

Vitamin E

All of the above

**What are these?**

Pistachios

Almonds

Peanuts

Hazelnuts

**Foods in the Protein Foods Group provide protein, but which of these foods from that group is also a source of** **calcium?**

Peas

Sardines

Chicken

Ham



**Eat seafood in place of meat or poultry twice a week.**
True

False

**Should you wash or rinse raw meat or poultry before you cook it?**

Yes

No