Meat Alternatives

Questions:

1. Foods in the meat group are the second largest contributor of fat to the American diet.
   A. True
   B. False

2. Which of the following is NOT considered a high-protein meat alternative?
   A. Eggs
   B. Soy protein
   C. Milk
   D. Dried beans

3. Tofu alone has very little taste but takes on the flavors that have been added to it.
   A. True
   B. False

4. Adding just _____ of dried beans to your daily diet will help you reach important nutrition goals?
   A. 1 Cup
   B. 2 Cups
   C. 1/2 Cup
   D. 1/4 Cup

5. Regularly adding plant-based meat substitutes to your diet will help decrease . . .
   A. Cholesterol
   B. Calories
   C. Cost
   D. All of the above
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Answers:

1. Foods in the meat group are the second largest contributor of fat to the American diet.
   A. True

2. Which of the following is NOT considered a high-protein meat alternative?
   C. Milk

3. Tofu alone has very little taste but takes on the flavors that have been added to it.
   A. True

4. Adding just _____ of dried beans to your daily diet will help you reach important nutrition goals?
   C. 1/2 Cup

5. Regularly adding plant-based meat substitutes to your diet will help decrease . . .
   D. All of the above