



This animal is the most commonly consumed bird at Thanksgiving.

This food is the most popular cut of pork.

**Answer:** Turkey  
**Lean or not-so-lean:** Lean  
**Heart healthy:** Yes



**Answer:** Pork chop  
**Lean or not-so-lean:** Lean  
**Heart healthy:** Yes



Although this food originally comes from the ocean, most people eat it out of a can.

This meat comes from the belly of a pig and is cured in salt.

**Answer:** Tuna  
**Lean or not-so-lean:** Lean  
**Heart healthy:** Yes



**Answer:** Bacon  
**Lean or not-so-lean:** Not-so-lean  
**Heart healthy:** No





Often eaten at breakfast, this food comes from a chicken.

**Answer:** Eggs  
**Lean or not-so-lean:** Lean  
**Heart healthy:** Yes



This food is one of the most popularly consumed seafood in the United States.

**Answer:** Shrimp  
**Lean or not-so-lean:** Lean  
**Heart healthy:** Yes



The average American eats over 80 lbs of this bird each year.

**Answer:** Chicken  
**Lean or not-so-lean:** Lean  
**Heart healthy:** Yes



This food is commonly consumed at baseball games and backyard cookouts.

**Answer:** Hot dogs  
**Lean or not-so-lean:** Not-so-lean  
**Heart healthy:** No





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Skippy, Peter Pan, and Jiffy are all brands of this popular food.

**Answer:** Peanut butter

**Lean or not-so-lean:** Not-so-lean

**Heart healthy:** Yes





This bean is often eaten on New Year's Day for good luck.

Tofu is made from this bean.

**Answer:** Black-eyed peas  
**Lean or not-so-lean:** Lean  
**Heart healthy:** Yes



**Answer:** Soybeans  
**Lean or not-so-lean:** Lean  
**Heart healthy:** Yes



These seeds come from a big yellow flower.

This bean is named because it is shaped like an organ in the body.

**Answer:** Sunflower seeds  
**Lean or not-so-lean:** Not-so-lean  
**Heart healthy:** Yes



**Answer:** Kidney beans  
**Lean or not-so-lean:** Lean  
**Heart healthy:** Yes





These tiny molecules make up proteins.

**Answer:** Amino acids



Foods in the Meat & Beans group provide our bodies with this nutrient that carries oxygen to the rest of the body.

**Answer:** Iron



Foods in the Meat & Beans group provide our bodies with these building blocks.

**Answer:** Proteins



These two food groups are good sources of protein.

**Answer:** Meat & Beans, Milk

