

# SNAP RECAP NUTRITION | Master List

<b>BREAKFAST</b>				
	<b>Nutrient Know-How</b>	<b>Breakfast Basics</b>	<b>Name That Food</b>	<b>Great Grains</b>
<b>100</b>	<p>Cereal, oatmeal, toast, bagels, muffins, pancakes are loaded with this energy-rich nutrient.</p> <p><b>What are carbohydrates?</b></p>	<p>Meal that provides energy to perform daily activities.</p> <p><b>What is breakfast?</b></p>	<p>Bar made of rolled oats, dried fruits, nuts, and honey. Easy breakfast choice when you don't have time.</p> <p><b>What is a granola bar?</b></p>	<p>Type of grain that includes bran, endosperm, and germ.</p> <p><b>What is whole grain?</b></p>
<b>200</b>	<p>Milk, yogurt, cheese, lean meats, eggs, and peanut butter are low-fat sources of this nutrient.</p> <p><b>What is protein?</b></p>	<p>Sugary cereals, donuts, and soda are examples of _____ carbohydrates that give a quick burst of energy.</p> <p><b>What is simple?</b></p>	<p>Blended fruit, yogurt, and juice make this a good choice for the non-breakfast eater.</p> <p><b>What is a smoothie?</b></p>	<p>Grains that have had their bran and fiber removed when they are milled.</p> <p><b>What are refined grains?</b></p>
<b>300</b>	<p>Milk and yogurt provide more of this mineral than any other in the dairy group.</p> <p><b>What is calcium?</b></p>	<p>The approximate percentage of nutrients and calories breakfast should provide.</p> <p><b>What is 30%</b></p>	<p>Whole grain cooked cereal that is an excellent source of complex carbohydrates.</p> <p><b>What is oatmeal?</b></p>	<p>Type of refined grain with added nutrients lost during processing.</p> <p><b>What are enriched grains?</b></p>
<b>400</b>	<p>Vitamin found in many fruits and vegetables that helps the body absorb iron and calcium, heal wounds, and contribute to brain function.</p> <p><b>What is vitamin C?</b></p>	<p>Better concentration and problem-solving abilities, better mood, better hand-eye coordination, and less hunger.</p> <p><b>What are the benefits of eating breakfast?</b></p>	<p>The highest quality protein, try it scrambled, hard-boiled or poached for breakfast.</p> <p><b>What are eggs?</b></p>	<p>Where to check if bread or cereal is whole grain.</p> <p><b>What is the Nutrition Facts label?</b></p>
<b>500</b>	<p>Found in whole grain cereals, this vitamin is important for normal brain and nerve function and to break down proteins to make red blood cells.</p> <p><b>What is vitamin B6?</b></p>	<p>Typically snack more, eat more junk food, and gain more weight.</p> <p><b>What are people who skip breakfast?</b></p>	<p>Breakfast drink rich in vitamin C, folate, and potassium.</p> <p><b>What is orange juice?</b></p>	<p>Indigestible portion of plant foods. Soluble and insoluble.</p> <p><b>What is fiber?</b></p>

# NUTRIENT BASICS

	The Basics	Face the Fats	The Body Builder	Vitamins and Minerals
100	<p>Three nutrients that don't provide energy.</p> <p><b>What are vitamins, minerals, and water?</b></p>	<p>Type of fat that is typically solid at room temperature.</p> <p><b>What is saturated fat?</b></p>	<p>Nutrient used to build, maintain, and repair body tissues.</p> <p><b>What is protein?</b></p>	<p>Type of vitamin not stored in the body.</p> <p><b>What is water-soluble?</b></p>
200	<p>The two types of carbohydrates.</p> <p><b>What are simple carbohydrates and complex carbohydrates?</b></p>	<p>Type of fat that may play a role in reducing the risk of heart disease.</p> <p><b>What is monounsaturated fat?</b></p>	<p>Dairy products, eggs, tofu, soy products, dried beans, and nuts.</p> <p><b>What are vegetarian protein sources?</b></p>	<p>Fat-soluble vitamin that keeps skin and hair healthy, aids in vision, and plays role in developing strong bones and teeth.</p> <p><b>What is A?</b></p>
300	<p>Nutrients that come in two varieties: fat-soluble and water-soluble.</p> <p><b>What are vitamins?</b></p>	<p>Process of turning oils from liquid to solid.</p> <p><b>What is hydrogenation?</b></p>	<p>The building blocks of protein.</p> <p><b>What are amino acids?</b></p>	<p>Almonds, fortified cereals, sunflower seeds, nuts, peanut butter, and avocados are good sources of this vitamin.</p> <p><b>What is E?</b></p>
400	<p>Carries nutrients to cells, regulates body temperature, dissolves nutrients and lubricates joints.</p> <p><b>What is water?</b></p>	<p>Percentage of daily calories health experts recommend should come from fat.</p> <p><b>What is 30%?</b></p>	<p>Food from an animal source that has all nine essential amino acids.</p> <p><b>What are complete proteins?</b></p>	<p>Chromium, copper, iodine, iron, selenium, and zinc.</p> <p><b>What are trace minerals?</b></p>
500	<p>Beans, whole grains, fruits, lentils, vegetables are good sources of this nutrient.</p> <p><b>What is fiber?</b></p>	<p>Type of saturated fat that raises bad cholesterol levels and lowers good cholesterol levels, increasing the risk of heart disease and stroke.</p> <p><b>What is trans fat?</b></p>	<p>Rice and beans, peanut butter sandwich, hummus and pita are examples of this.</p> <p><b>What are complementary proteins?</b></p>	<p>The two types of iron.</p> <p><b>What is heme iron and non-heme iron?</b></p>

# FRUITS & VEGETABLES

	Blue & Purple	Orange and Yellow	Green	White	Red
100	<p>Dried grapes that are a good source of non-heme iron.</p> <p><b>What are raisins?</b></p>	<p>Juicy citrus fruit high in vitamin C and potassium.</p> <p><b>What is an orange?</b></p>	<p>The darker, the better when it comes to this leafy vegetable is rich in vitamin K.</p> <p><b>What is lettuce?</b></p>	<p>A popular starchy tuber that has more potassium than a banana.</p> <p><b>What is a potato?</b></p>	<p>Rich in antioxidants and vitamin C, only fruit with seeds on the outside.</p> <p><b>What are strawberries?</b></p>
200	<p>Vine fruit rich in antioxidants shown to lower cholesterol and reduce risk of heart disease and cancer.</p> <p><b>What are grapes?</b></p>	<p>Crunchy root vegetable that helps lower blood pressure and improves night vision.</p> <p><b>What are carrots?</b></p>	<p>A leafy green super food that can benefit your brain, eyes, bones, heart, skin, and immunity.</p> <p><b>What is spinach?</b></p>	<p>Bulb with papery outer skin contains powerful antimicrobials that decrease inflammation, fight cancer, and heart disease.</p> <p><b>What are onions?</b></p>	<p>92% water, this fruit is an excellent source of vitamins A &amp; C and the phytochemical lycopene.</p> <p><b>What is watermelon?</b></p>
300	<p>Small, smooth-skinned berries rich in antioxidants that may improve memory.</p> <p><b>What are blueberries?</b></p>	<p>Sweet, tropical fruit that contains enzymes that keep joints healthy.</p> <p><b>What is pineapple?</b></p>	<p>Clusters of flower buds on thick stalks, rich in cancer-fighting phytochemicals.</p> <p><b>What is broccoli?</b></p>	<p>A-peel-ing tropical fruit that come in bunches. Are a great source of complex carbohydrates which provide lasting energy.</p> <p><b>What are bananas?</b></p>	<p>One of the best sources of lycopene, which can reduce risk of heart disease. Cooking this vegetable will maximize its benefits.</p> <p><b>What are tomatoes?</b></p>
400	<p>Crunchy, compact head that is an excellent source of vitamins C &amp; K and folate.</p> <p><b>What is red cabbage?</b></p>	<p>Low in calories, rich in potassium, and loaded with beta-carotene. Seeds are rich in magnesium.</p> <p><b>What is pumpkin?</b></p>	<p>“Cool” vegetable that is an excellent source of vitamin K.</p> <p><b>What are cucumbers?</b></p>	<p>A flavorful bulb that splits into cloves. Shown to lower high blood pressure.</p> <p><b>What is garlic?</b></p>	<p>Crisp, bell-shaped vegetable high in vitamin A and with as much vitamin C as an orange.</p> <p><b>What are red peppers?</b></p>
500	<p>A large smooth-skinned vegetable that’s high in fiber. When cooked, it absorbs more fat than any other vegetable.</p> <p><b>What is eggplant?</b></p>	<p>One of these tubers contains 400% of the recommended daily value of vitamin A.</p> <p><b>What is a sweet potato?</b></p>	<p>Pale green, creamy flesh is a good source of monounsaturated fat.</p> <p><b>What is an avocado?</b></p>	<p>A cruciferous vegetable with white flower buds that is an excellent source of vitamins C and K.</p> <p><b>What is cauliflower?</b></p>	<p>Tiny ruby-colored seeds are rich in polyphenols, vitamin C, and vitamin B6. Helps prevent oxidation of LDL (bad) cholesterol.</p> <p><b>What are pomegranates?</b></p>