

1. Look at the palm of your hand. Your body needs only the size of your palm of protein (meat, fish, etc.) every day to get all the necessary nutrients.

2. If you ate lots of fruit yesterday, you don't need to worry about eating any today.

3. Potatoes are a good source of carbohydrate.

4. It's a good idea to skip breakfast.

5. Vegetarians are healthier than people who eat meat and fish.

6. Milk, yogurt, cheese and other dairy foods are important for growth and help to form strong bones and teeth.

7. Chocolate and sweets should be banned.

8. Children need to eat the same amount as adults.

9. Beans and lentils fit into two areas of the Eat Well Plate: protein AND fruits/vegetables.

10. These foods are high in salt so we don't need to eat much of them: bacon, cheese, salami, soy sauce, olives, and ham.