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**Nuggets of Nutrition**

**Consultant Answer Key**

Nuggets of Nutrition #1:

1. Kellogg’s All Bran with Extra Fibre

2. Condensed Tomato Soup (Reduced Sodium)

3. Cooked Quinoa

4. Lean Cuisine Macaroni & Beef with Tomato Sauce

5. Domino’s Pepperoni Pizza Slice (Large Pizza)

6. Hard Boiled Egg

Nuggets of Nutrition #2:

1. Medium Apple with skin

2. McDonald’s Fruit & Yogurt Parfait

3. 2% Cottage Cheese

4. Cooked, long-grain white rice

5. Boneless, skinless chicken breast (roasted)

6. Raw kale

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