1. D. 5
2. A. Orange
3. B. Build Muscle
4. C. Banana
5. B. 3000
6. C. Carrot
7. A. Avocado
8. Protein, Fruits, Vegetables, Grains, Dairy
9. True, Fruit is better: a raw unpeeled apple has almost 10 times more fiber than a cup of apple juice.
10. False, Whole Wheat/Brown Rice is better for you: Eating fiber makes you feel fuller and it is healthy for your heart.