

## **Swap THIS for THAT to BOOST nutrition**

Better Health comes from making Better Choices about the foods we eat.

It can be as easy as swapping **THIS for THAT!!**

### **THIS**

Cream of Wheat  
Toast & Butter  
Corn Flakes  
White Rice  
Fried Egg  
Potato Chips  
Hot Dog  
Fruit Sweetened Yogurt  
Battered & Fried Fish or Chicken  
Milk Chocolate  
Milkshake  
Deep-fried French Fries  
Deep-fried Sweet Potato Fries  
Iced coffee with cream & flavored syrup  
Super-sized Anything  
Alfredo or Cream Sauce  
Thick Crust Meat Pizza  
Cheese Nachos  
Candy Bar  
White Bread  
Large Bakery Muffin  
Soda – Cola or Other  
Veggies with cream sauce or butter

### **THAT**

Oatmeal-Regular/Steel Cut  
Toast & Almond or Peanut Butter  
Bran Flakes  
Brown Rice  
Poached Egg  
Corn Tortilla Chips with Salsa  
Veggie Burger  
Plain Yogurt & add berries  
Baked or Broiled Fish or Chicken  
Dark Chocolate -70% cacao  
Fruit Smoothie  
Baked Potato or Salad  
Oven-baked Potato Fries  
Iced coffee with skim milk  
Small  
Marinara Sauce  
Thin Crust Veggie Pizza  
Hummus and Veggies  
Handful of Mixed Nuts  
100% Whole Wheat Bread  
Small Homemade Muffin  
Sparkling Water/Seltzer  
Steam/Grill Veggies w/Olive Oil

**Eat Healthy, Be Healthy!!**