

Fast Food - Not So Fast!

Instead of..

Try..

Why?



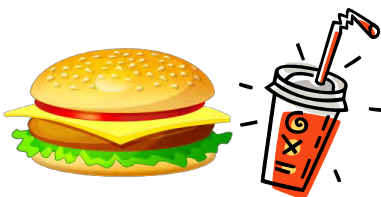
Breakfast



Frosted doughnut with fruit drink

Whole wheat bagel & peanut butter with low-fat milk

- Peanut butter is sweet like a doughnut, but has protein to help build muscles.
- Whole wheat adds fiber to keep you full longer.
- The calcium in milk helps you build strong bones.



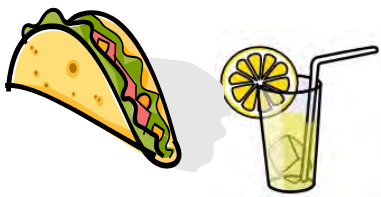
Lunch



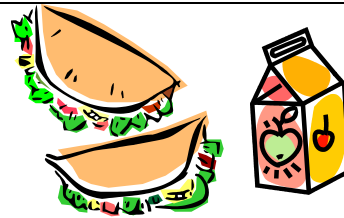
Cheeseburger with soda

Grilled chicken on whole wheat bread with water

- Choose lean (low fat) meat since the fat in burgers can damage your heart.
- Water is important to keep our bodies working.



Dinner



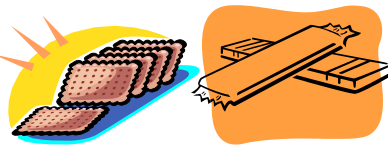
Hard shell beef taco with lemonade

Soft chicken taco with 100% fruit juice

- Try soft tacos instead of the fried hard shell type.
- Grilled chicken is a lean meat.
- 1 cup of 100% fruit juice counts as 1 cup of fruit.



Snack



Chips or a candy bar

Graham crackers or a granola bar with dark chocolate chips

- Graham crackers are crunchy like chips but are low in fat.
- Granola is high in fiber and contains whole grains.



Dessert



Cookies or ice cream

Fruit salad or low-fat frozen yogurt

- Fruit is naturally sweet and gives you lots of nutrients to stay healthy.
- Low-fat frozen yogurt is lower in fat than ice cream.