

Make a Change



Instead of...	Choose...
Example: Double bacon cheeseburger with mayo	Single hamburger with ketchup and mustard
Large fries	
Fried chicken	
Whole milk	
Chocolate milk shake	
Eggs and bacon	
Cake and ice cream	
Potato chips	



Make a Change



Here's one thing I'll do this week to **reduce fat, sugar, or salt:**



Here's how I'll **be active** this week:



Our **next lesson** will be on _____ at _____
(day) (time)



Homemade Pizza with Whole Grain Crust



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My fast food meal

Menu item	Grams of fat

Ways I can **reduce the amount of sugary drinks I drink:**



The scoop on soft drinks and other sweetened drinks

12 fluid ounces _____ teaspoons sugar

16 fluid ounces _____ teaspoons sugar

20 fluid ounces _____ teaspoons sugar

64 fluid ounces _____ teaspoons sugar



Label detective



My food item:

Amount of sodium:

Percent daily value:

Foods with 20 percent or more of the daily value of sodium are considered high in sodium.

Make a Change



EATING SMART
BEING ACTIVE

Tips for reducing fat:

- Eat less fast food.
- Eat less chips and other snack foods.
- Choose non-fat or low-fat dairy foods.
- Grill or bake food.
- Eat less cream sauces and gravies.



Zesty Bean Dip with Baked Tortilla Chips

Tips for reducing sugar:

- Limit sugary drinks.
- Choose water often.
- Eat less candy, cakes, pies, and other sweet treats.
- Choose fruit for dessert.



Flavored Water

Make a Change

Tips for reducing salt:

- Eat less fast food.
- Eat less processed foods. Cook food from scratch.
- Use less sauces and condiments.
- When choosing canned foods, choose cans labeled “low sodium” or “no salt added.”



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