

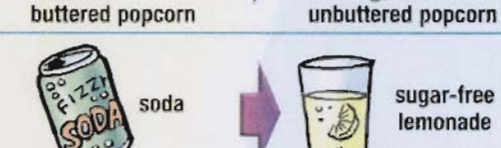
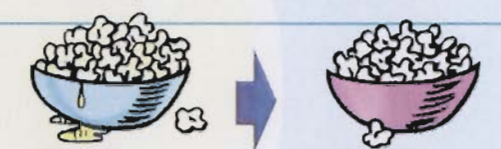
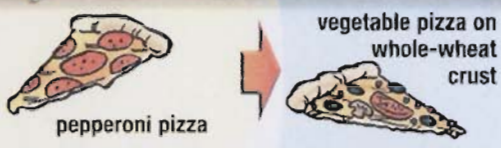
BE SMART ABOUT Snacking

Choose snacks that are low in fat and sugar. They are the best snacks for you.

Instead of Choose



Remember: Healthy Snacks Are The Way To Go























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BE SMART ABOUT Fast Food

Choose foods that are lower in calories and fat!

Instead of Choose



Instead Of	Choose
half-pound steak and potato burrito 	chicken soft taco 
meatball sub on white bread 	turkey & vegetable sub on whole-wheat bread 
breaded, fried fish fillet 	unbreaded, baked fish fillet 
chicken nuggets 	grilled chicken salad 
nachos with cheese 	tortilla chips & salsa 
french fries 	side salad 
ranch dressing 	light Italian dressing 
soda 	water 
ice cream sundae 	low-fat yogurt 
chocolate milk shake 	low-fat chocolate milk 








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School Lunch

BE BRIGHT,
EAT RIGHT



10 Ways TO BE BRIGHT AND EAT RIGHT!

1. Choose plenty of vegetables, like broccoli, celery, spinach, and carrots. 
2. Have fresh fruits every day —apples, berries, oranges, bananas, and more! 
3. Enjoy low-fat milk, yogurt, and cheese. Milk products give you strong bones! 
4. Build muscle with protein foods like turkey, chicken, fish, eggs, nuts, and beans. 
5. Give your body the energy it needs by eating whole-grain bread, cereal, and rice. 
6. Eat from all the food groups every day.
7. Try new kinds of healthy foods whenever you can. You might discover a new favorite food! 
8. Drink water or low-fat milk instead of soda pop.
9. Avoid foods high in fat, sugar, and salt, like candy, cookies, french fries, and potato chips.
10. Eat school lunch. It's a balanced meal and tastes great! 

Be Smart at Meal Time

FOR BREAKFAST: choose foods that are high in fiber and lower in sugar.

INSTEAD OF

sugary cereal



fruit drink



bagel with cream cheese

candy bar



oatmeal with brown sugar



CHOOSE

no-sugar-added whole-grain cereal



fresh fruit



Whole-wheat bagel with low-fat cream cheese



multigrain cereal bar



oatmeal with fresh peaches



FOR LUNCH: choose foods that are low in fat and high in fiber.

INSTEAD OF

spaghetti & meat sauce



fried chicken



pepperoni pizza



chili cheese fries



bologna sandwich on white bread



pork fried rice



cheese enchilada with sour cream



soda



CHOOSE

whole-grain spaghetti & marinara sauce



grilled chicken



vegetable pizza on whole-wheat crust



baked potato with broccoli & low-fat cheese



turkey sandwich on whole-grain bread



brown rice & vegetables



bean burrito on a whole-wheat tortilla



low-fat milk



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spaghetti & meat sauce



CHOOSE

whole-grain spaghetti & marinara sauce



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grilled chicken



pepperoni pizza



vegetable pizza on whole-wheat crust



chili cheese fries



baked potato with broccoli & low-fat cheese



bologna sandwich on white bread



turkey sandwich on whole-grain bread



pork fried rice



brown rice & vegetables



cheese enchilada with sour cream



bean burrito on a whole-wheat tortilla



soda



low-fat milk

