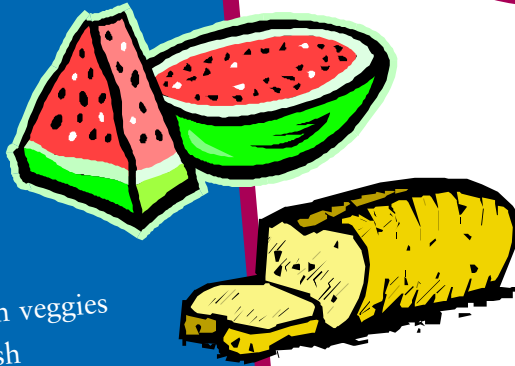


got the munchies?

you don't have to give up the foods that you love to be healthy. Just try to eat some types of foods less often by substituting healthier choices. Check out the list below for some ideas.

Try to eat these foods more often:

- Whole grain breakfast cereals
- Low-fat milk
- Low-fat frozen yogurt
- Side salad
- 100% fruit juice
- Water
- Pretzels
- Bagel
- Fresh fruit
- Plain hamburger with veggies
- Grilled chicken or fish
- Pasta with tomato sauce
- Pizza (go light on the cheese and heavy on the vegetables)



FACT: Pop has become the main drink among teens. Many teens get 15 to 20 percent of their daily calories just from pop. If you have to have it sweet, low-fat chocolate milk is a better way to go.

FACT: Two cans of regular pop a day can add up to 32 pounds of body weight in a year.



Try to eat these foods less often:

- Ice cream
- French fries
- Pop
- Potato chips
- Doughnuts
- Fruit Roll-ups®
- Bacon cheeseburger
- Fried chicken or fish
- Pasta with cream sauce
- Pizza with lots of cheese or greasy meats

