



















Small changes in what you eat can go a long way!

Here are some suggestions of changes you can make and why they are healthier. Start by making one change a day and then add more changes at your own pace.

Instead of...	Better to eat...	Why?
Whole Milk, 2% Milk 	Skim (non-fat) Milk, 1% (low fat) Milk, Soy Milk 	♥ 
Eggs	Egg Beaters, Egg Whites	♥ 
White Bread 	Wheat Bread (multigrain, bran, oatmeal) 	
Flour Tortillas, Fried tortillas	Corn Tortillas	 
Ice Cream, Chocolates, Chips, Cakes, Cookies 	Fruit or Vegetable as Snack	↓  ★
Butter, Margarine, Lard	Vegetable Oil, Canola Oil, Olive Oil, PAM	♥  ★
Greasy, fatty, canned or processed meats - chorizo, hot dogs, fried meat, fast food, Spam, lunch meats	Lean, Fresh Meats - chicken, turkey (without skin) fish, lean ground meat 	♥ 
Regular Soda, Kool-Aid, Sunny Delight	Diet Soda, Fruit Juice(100%) Water 	↓
Cheese 	Low fat cheese, skim milk cheese, Yogurt	♥ 
Refried beans, Canned beans	Whole beans, dried or natural beans	 ★



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****Legend****

-  Less fat
- ♥ Less cholesterol
-  More fiber
- ↓ Less sugar
- ★ Less salt

