

Less is Best

cut

the Fat

CHOOSE...

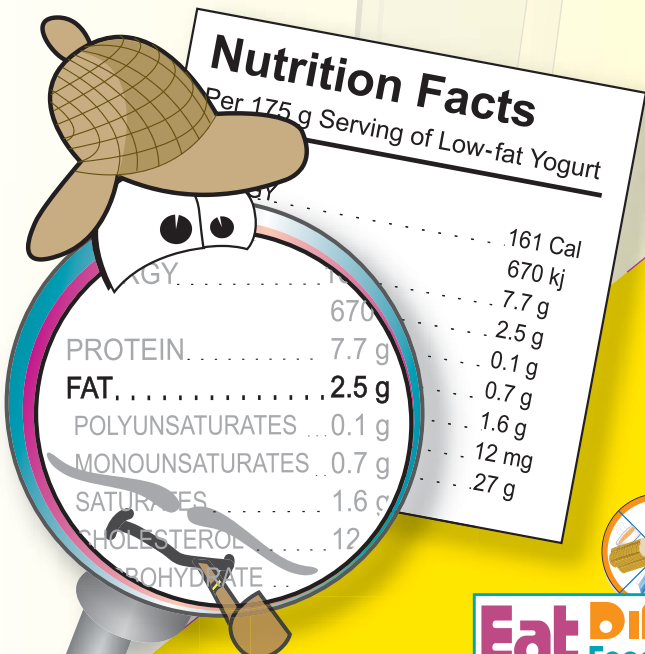
- Baked over fried.
- Lower fat over homogenized milk.
- Frozen yogurt instead of ice-cream.
- Low-fat muffins or granola bars instead of donuts or danishes.

Look at the Label

Use the Nutrition Facts table to compare fat in different foods. Pick the lower fat choice.

Smart Snacking

Pick snacks with less fat like pretzels, low-fat popcorn or baked chips. And remember... fresh veggies and fruit are great snacks too!



Eat Different
Foods Everyday

COME to the
Cafeteria

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