



ACTION STEPS FOR WELLNESS

Make healthy food choices.
Focus on “L” words.



- **Less** high calorie, high-fat foods
- **Lean** or low-fat meat, chicken, turkey, and fish
- **Low-fat** and nonfat dairy foods
- **Limit** portion sizes for meals and snacks.
- **Little** piece or serving
- **Labels.** Read “Nutrition Facts” on food labels. Choose foods with fiber, vitamins A and C, calcium and iron. Choose foods lower in fat, sugar, calories, and sodium.



Eat fewer calories with simple changes.



Choose:	Instead of:	Calories saved:	Fat grams saved:
1/2 large bagel	1 large bagel	180	1
1 slice wheat toast & 1 tsp. jelly	1 cake doughnut	100	9
1/2 cup nonfat vanilla frozen yogurt	1/2 cup vanilla ice cream	60	7
Burger King Jr. Whopper	Burger King Whopper	300	20
22 oz. unsweetened iced tea	22 oz. regular soda	262	0