



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 |