

**50
WAYS**

TO EAT

Healthier

Make a fruit smoothie for breakfast or a snack.

SKIP ADDING SUGAR TO FOODS LIKE CEREAL, FRUIT, OR ICED TEA.



EAT FRUIT FOR DESSERT.

Change to a whole-grain breakfast cereal.
Drink milk with your meals instead of soda.
Put sliced bananas or strawberries on your cereal.

- Go blueberry or strawberry picking and eat what you pick.
- Make a healthy new recipe each week from a cookbook, the newspaper, or a magazine.
- Change to 1% or nonfat milk.
- Eat a salad with dinner and go easy on the dressing.
- Take dried fruit with you for times when the munchies strike.
- Use a soft margarine with no trans fats instead of butter.
- Dip baked corn chips in fat-free refried beans and salsa instead of cheese.
- Make pumpkin muffins with canned pumpkin.
- Add grated apples to pancake mix.
- Put broccoli and green and red peppers into your pasta sauce.
- Top oatmeal with raisins for breakfast.
- Put blueberries in your pancakes.
- Stir two scoops of wheat germ into your low-fat yogurt.
- Order pizza with veggie toppings instead of meat and extra cheese.
- Bake sweet potato fries in your oven at home.
- Make a stir-fry with cauliflower, sugar snap peas, carrots, and strips of lean beef.
- Take a bag of grapes with you for a sweet snack.
- Make banana bread or carrot cake from a low-fat recipe.
- Get granola bars or pretzels from vending machines instead of chips or candy.

- Order a salad at a fast-food restaurant and use low-fat dressing.
- Eat low-fat pudding for dessert.
- Get a small low-fat frozen yogurt cone instead of a large ice cream cone.
- Order the plain hamburger at fast-food restaurants instead of the deluxe burger.
- Order a plain grilled chicken sandwich instead of fried chicken.
- Dip baby carrots and cucumber slices in hummus for a snack.
- Put a small container of applesauce or mandarin oranges in your lunch.
- Add mustard to your sandwiches instead of mayo.
- Make a big fruit salad and have a bowl every day until it's gone.
- Snack on canned and rinsed chickpeas.
- Stuff a tortilla full of spinach and black beans, sprinkle on some cheese, heat, and eat.
- Make chili with twice the beans and half the meat.
- Make tuna salad with fat-free mayo and add chopped onion, celery, and carrots.
- Spread peanut butter or low-fat cream cheese on a bagel instead of regular cream cheese.
- Make oatmeal raisin cookies instead of chocolate chip cookies.
- Try a vegetarian or soy burger or hot dog.
- Serve baked beans with hot dogs or hamburgers at home instead of French fries.

SKIP ORDERING "SUPERSIZES"
at fast-food restaurants.

SHARE YOUR FRIES
with a friend.

PUT AWAY THE
salt shaker.

SHARE A SODA WITH A FRIEND
instead of drinking the whole thing yourself.

PLANT A VEGETABLE GARDEN
and eat what you grow.

ORDER YOUR POPCORN
without butter at the movies.

Change to whole-wheat bread.



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