

While eating out with friends  
you choose water instead of  
soda to drink.

When choosing a canned soup, you  
compare the amount of sodium in  
each can to make your selection.

You pack a lunch instead of  
eating fast food.

You make an omelet for  
breakfast instead of eating cold  
cereal.

You choose yogurt for a snack instead of a candy bar.

You add a salad as a side dish instead of French fries.

As a family you choose to start training for a race.

You eat dinner at home instead of fast food.

Choose a low-fat salad dressing.

Substitute applesauce for butter  
in a cake you are making.

Select a juice with no added  
sugar.

Learn how to make healthy  
dinners.

Educate yourself about MyPlate.

Make half of your plate fruits  
and vegetables.

Take a food and nutrition class.

Choose milk for a drink.

Choose whole wheat bread.

Choose low-fat or fat-free dairy products.

Learn more about food preparation.

Bake your chicken instead of deep frying it.

Order apple slices instead of French fries.

Support a friend who is eating healthy.

Encourage your family and friends to eat healthy.

Take fruit and vegetables to a party for a treat.

Participate in a health challenge.

Make dinner from scratch instead of using pre-made foods/mixes.

Make a weekly meal plan.

Compare food labels while grocery shopping.

Keep a food journal.

Learn how to read food labels.

Measure correct food portions.

Select foods that do not have  
trans fats.

Buy fruits and vegetables that are in season.

Eat seafood once each week.

Reduce the amount of soda you drink each week.

Count your calories daily.

Substitute oil for butter in recipes.

Choose vegetables and a dip for a snack.

Eat food representing a variety of “colors.”

Be a positive influence to your friends to choose healthy foods.