

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.

You research and discover nutritional requirements for your age.

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.

Encourage your nieces and nephews to eat healthy foods for their life stage.

Make half of your plate fruits and vegetables.

Find healthy foods to reflect your family's cultural and personal preferences.

Choose milk for a drink rather than a drink with added sugars.

Choose whole wheat bread.

Choose low-fat or fat-free dairy products.

Find healthy foods that best match your budget.

Bake your chicken instead of deep frying it.

Order apple slices instead of French fries.

Support a friend who is eating healthy.

Help your grandparents understand dietary needs for their life stage.

Take fruit and vegetables to a party for a treat.

Participate in a health challenge focusing on finding nutrient-dense foods.

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.