

	Instead of 😞	Try 😊
Breakfast Foods	<ul style="list-style-type: none"> • Donuts & Pastries • Sugary cereals (frosted lakes, fruit loops, etc) 	<ul style="list-style-type: none"> • Whole grain cereals, such as Cheerios • Whole grain breads & bagels w/ low-fat spreads
Dairy Products	<ul style="list-style-type: none"> • Full-fat or reduced-fat (2% milk) • Full-fat cheeses • Full-fat yogurt or sour cream 	<ul style="list-style-type: none"> • Non-fat (skim) milk or low-fat (1%) milk • Low-fat or fat-free cheeses • Low-fat or fat free yogurt or sour cream
Oils, Spreads, & Dressings	<ul style="list-style-type: none"> • Butter, margarine, shortening, lard • Regular salad dressing 	<ul style="list-style-type: none"> • Vegetable oils such as canola, corn, olive, or soybean • Soft margarine without trans fats (example: "Promise" spread) • Low-fat or fat-free mayonnaise or dressing
Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts	<ul style="list-style-type: none"> • High-fat meats such as sausage, ribs, or meat with visible fat or skin • High-fat lunch meats, bologna, or hot dogs • Fried meats, poultry, fish • Tuna canned in oil • Whole eggs 	<ul style="list-style-type: none"> • Nuts, peanut butter, & seeds • Legumes such as kidney & black beans • Tofu, nuts, lean meats trimmed of fat (tenderloin, sirloin, skinless chicken & turkey) • Roasted or grilled meats, poultry, fish • Whole eggs • Lean roast beef or ham, chicken or turkey breast, low-fat bologna, fat-free hot dogs • Tuna canned in water • Eggs prepared with one yolk or egg whites only
Vegetables	<ul style="list-style-type: none"> • French fries, baked potatoes with butter or sour cream • Salad with full-fat salad dressing • Vegetables with butter or high-fat sauces 	<ul style="list-style-type: none"> • Baked potatoes with low-fat or fat-free sour cream • Salad with low-fat or fat-free dressing • Vegetables with half the amount of butter or sauce or no butter or sauce
Rice & Pasta	<ul style="list-style-type: none"> • Pasta with butter, alfredo, or cheese sauce 	<ul style="list-style-type: none"> • Pasta with tomato sauce and vegetables
Soups	<ul style="list-style-type: none"> • Cream soups 	<ul style="list-style-type: none"> • Vegetable or broth-based soups
Desserts	<ul style="list-style-type: none"> • Cakes or cookies • Full-fat ice cream 	<ul style="list-style-type: none"> • Low-fat cakes & cookies • Fresh fruit with low-fat topping • Low-fat ice cream or frozen yogurt
Snacks	<ul style="list-style-type: none"> • Regular potato or tortilla chips • Chocolate bars 	<ul style="list-style-type: none"> • Baked chips or air-popped popcorn • Low fat microwave popcorn • Whole grain cereals • Fresh fruit, veggies, or low-fat yogurt