

HEALTHY SWAPS

ALTERNATIVES TO YOUR FAVORITE JUNK FOODS

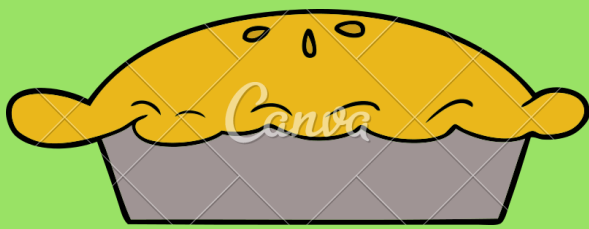
INSTEAD OF...

A medium order of French Fries



427 calories

A slice of Apple Pie



523 calories

An order of Fried Chicken



431 calories

An Ice Cream cone



431 calories

Soda



140 calories

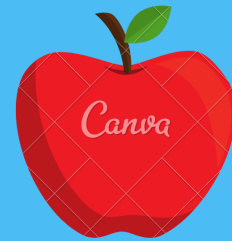
TRY...

A small Baked Potato



194 calories

Baked Apples with cinnamon



90 calories

Grilled Chicken Wrap



350 calories

Low-fat yogurt with fruit



190 calories

Sparkling Water



0 calories