

# Wellness Topic

## How to make healthier food choices?

### Grains

<b>Instead of this:</b>	<b>Try this:</b>
Croissants, biscuits, white breads and rolls	Low-fat whole grain breads and rolls (wheat, rye and pumpernickel)
Doughnuts, pastries and scones	English muffins and small whole grain bagels
Fried tortillas	Soft tortillas (corn or whole wheat)
Sugar cereals and regular granola	Oatmeal, low-fat granola and whole-grain cereal
Snack crackers	Crackers (animal, graham, rye, soda, saltine, oyster)
Potato or corn chips and buttered popcorn	Pretzels (unsalted) and popcorn (unbuttered)
White pasta	Whole-wheat pasta
White rice	Brown rice
Fried rice, or pasta and rice mixes that contain high-fat sauces	Rice or pasta (without egg yolk) with vegetable sauces
All-purpose white flour	100% whole-wheat flour

### Fruits and Vegetables

<b>Instead of this:</b>	<b>Try this:</b>
Fried vegetables or vegetables served with cream, cheese or butter sauces	All vegetables raw, steamed, broiled, baked or tossed with a very small amount of olive oil and salt and pepper
Coconut	Fruit (fresh)
French fries, hash browns and potato chips	Baked white or sweet potatoes

# Wellness Topic

---

## Meat, Poultry, and Fish

Instead of this:	Try this:
Regular or breaded fish sticks or cakes, fish canned in oil, seafood prepared with butter or served in high-fat sauce	Fish (fresh, frozen, canned in water), low-fat fish sticks or cakes and shellfish (such as shrimp)
Prime and marbled cuts	Select-grade lean beef (round, sirloin and loin)
Pork spare ribs and bacon	Lean pork (tenderloin and loin chop) and turkey bacon
Regular ground beef	Lean or extra-lean ground beef, ground chicken and turkey breast
Lunch meats such as pepperoni, salami, bologna and liverwurst	Lean lunch meats such as turkey, chicken and ham
Regular hot dogs or sausage	Fat-free hot dogs and turkey dogs

## Dairy

Instead of this:	Try this:
Whole or 2% milk	Non-fat or 1% milk
Evaporated milk	Evaporated non-fat milk
Regular buttermilk	Buttermilk made from non-fat (or 1%) milk
Yogurt made with whole milk	Nonfat or low-fat yogurt
Regular cheese (examples: American, blue, Brie, cheddar, Colby and Parmesan)	Low-fat cheese with less than 3 grams of fat per serving (example: natural cheese, processed cheese and nondairy cheese such as soy cheese)
Regular cottage cheese	Low-fat, nonfat, and dry-curd cottage cheese with less than

## Wellness Topic

	2% fat
Regular cream cheese	Low-fat cream cheese (no more than 3 grams of fat per ounce)
Regular ice cream	Sorbet, sherbet and nonfat or low-fat ice cream (no more than 3 grams of fat per 1/2 cup serving)

### Fats, Oils, and Sweets

Instead of this:	Try this:
Cookies	Fig bars, gingersnaps and molasses cookies
Shortening, butter or margarine	Olive, soybean and canola oils
Regular mayonnaise	Nonfat or light mayonnaise
Regular salad dressing	Nonfat or light salad dressing
Using fat (including butter) to grease pan	Nonstick cooking spray