



## HOW TO BUILD A BETTER DIET

Use the chart below to make changes in your diet. Try to make at least one change each day until this becomes a regular habit!

### COMMON CHOICES

#### BREAKFAST:

Donuts, Danish,  
Bagels

Eggs and Bacon

Pancakes or French Toast

#### LUNCH:

Sandwiches

Croissants, Rolls,  
Butter

#### DINNER:

Steaks, Chops,  
Fried Chicken

French Fries, Baked Potato  
with butter and sour cream

#### SNACKS:

Chips, Buttered Popcorn  
Crackers  
Candy Bars

#### FAST FOODS:

Burgers, Fries, Regular Sodas

#### DESSERTS:

Ice Cream, Shakes

Pastries, Pies, Cakes

### BETTER CHOICES

Whole grain cereal with 1% or non-fat milk and sliced fruits,  
English Muffins, Low fat yogurt.

Omelet with egg whites or egg substitutes (add low fat cheese  
and vegetables). Lean ham or Canadian bacon

Whole grain toast with light butter and jelly. Make French Toast  
with egg whites, and non-fat or low fat milk. Use light products,  
such as light margarine, syrup and bread.

Hold the mayonnaise! Choose lean ham, chicken, turkey or beef.  
Tuna packed in water, low fat cheese, peanut butter and jelly.

Use whole grain bread, pita pockets, English Muffins,  
lite margarine.

Lean beef and pork. Grilled or broiled chicken and  
fish. Steamed vegetables.

Baked or broiled potatoes with lite margarine or  
lite sour cream. Rice, oven baked fries.

Fruit, pretzels, plain popcorn, Baked chips, rice cakes.  
Low-fat crackers, breadsticks  
Jelly beans, hard candy, Life Savers

Limit visits to Fast Food Restaurants!

Select regular or smallest portions, never Super Size!

Avoid bacon, mayonnaise and rich sauces. Drink diet sodas or  
water. Choose lite dressings for salads

Sherbet, low-fat or non-fat ice cream or frozen yogurt,  
Popsicles, homemade shake with low-fat dairy products and fruit.

Angel food cake, fig cookies, Nutri- Grain Bars, Gelatin,  
gingersnaps, vanilla wafers, puddings made with non-fat milk