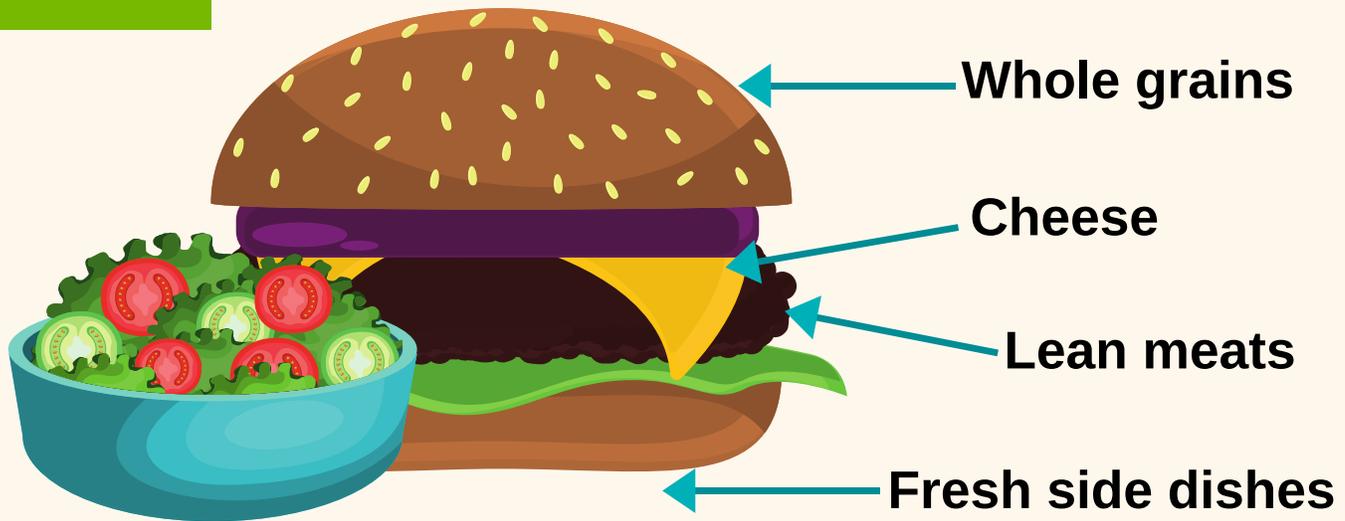
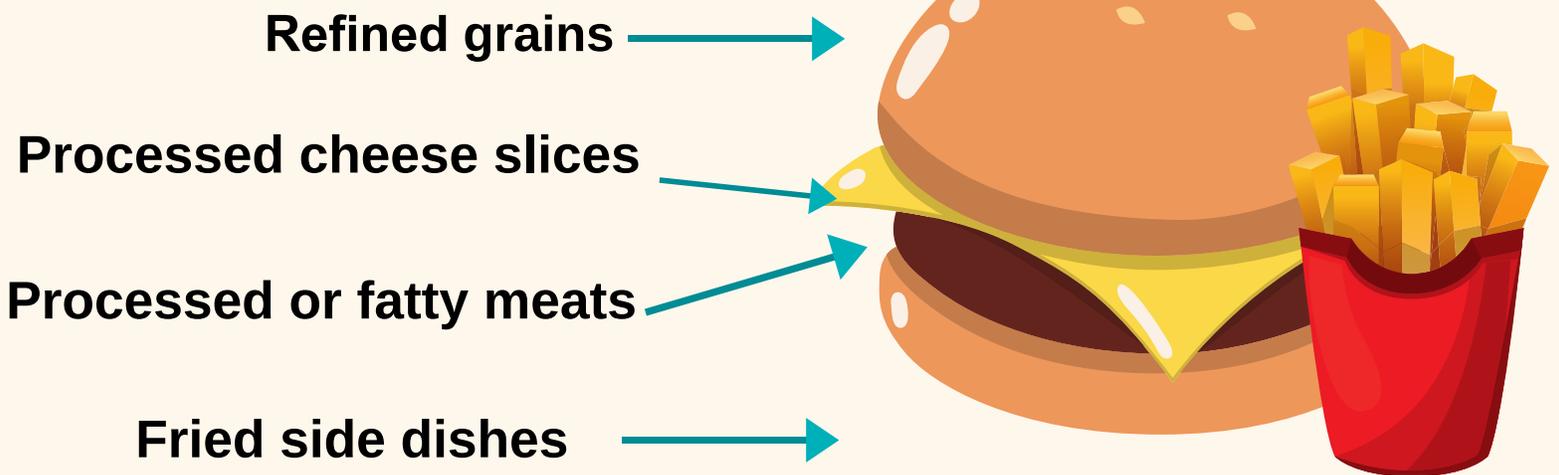


Healthy Substitutions

Use...



Instead of...



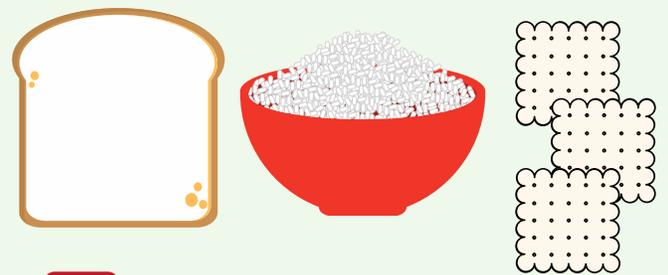
Healthy Replacements

Use...

Instead of...



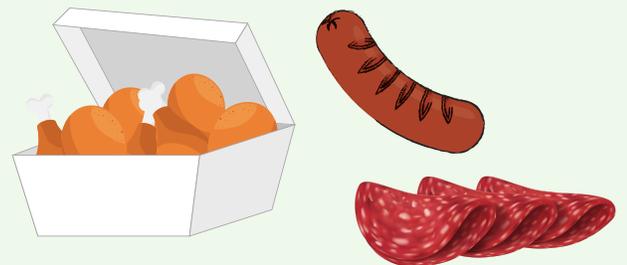
✓ Whole grains



✗ Refined grains



✓ Lean meats,
poultry and fish



✗ Processed meats



✓ Cheese and
cheese strings



✗ Processed cheese
slices and spreads