

Swap it!

Choosing healthier foods is easier than you may think. By swapping out a few foods for healthier options you can make a big difference to your diet. Write the letter of what you think is the healthiest food option.

<p>A 3 B</p>   <p>Ice Cream Yogurt</p>	<p>A 4 B</p>   <p>Whole Fruit Bottle Fruit Juice</p>	<p>A 5 B</p>   <p>Chocolate Almonds Chocolate Bar</p>	<p>A 6 B</p>   <p>Fried Chicken or Fish Grilled/Boiled/Roasted Chicken or Fish</p>
<p>A 7 B</p>   <p>Mayonnaise Fresh Avocado</p>	<p>A 8 B</p>   <p>Hamburger Turkey Burger</p>	<p>A 9 B</p>   <p>Sugary Fruit Drink Fruit-Infused Water</p>	<p>A 10 B</p>   <p>Thin Crust Veggie Pizza Pepperoni Pizza</p>
<p>A 11 B</p>   <p>Brown Rice White Rice</p>	<p>A 12 B</p>   <p>Zucchini Pasta Refined Flour Pasta</p>	<p>A 13 B</p>   <p>Brown Rice Quinoa</p>	<p>A 14 B</p>   <p>Pasta with Sauce Brown Rice & Beans</p>
<p>A 15 B</p>   <p>Bottled Fruit Juice Fresh Fruit Juice</p>	<p>A 16 B</p>   <p>Air Popped Popcorn Potato Chips</p>	<p>A 17 B</p>   <p>Baked Sweet Potato Fries French Fries</p>	

Answers: 1.B, 2.A, 3.B, 4.A, 5.A, 6.B, 7.B, 8.B, 9.B, 10.A, 11.A, 12.A, 13.B, 14.B, 15.B, 16.A, 17.A

