Alternative Food Choice Suggestions  
from the  
“Taking It to the Streets” Team  

SIMPLE CHANGES IN EATING HABITS = HEALTHY EATING  

Grow your own lettuce and vegetables at home  
Use recipes that reduce fat and sugar  
Use herbs and spices versus salt  
Use olive, canola, corn or safflower oils versus butter, lard or shortening  
Create healthy snacks for young children  
Serve sweet potato fries or apples versus regular fries  
Eat frozen yogurt versus ice cream  
Serve fruit versus candy and dilute juices with water  
Drink water or beverages with low caloric content  
Drink fat free or low fat milk products  
Serve meals on/in smaller plates, bowls or glasses  
Use smaller serving spoons, plates and bowls and eat slowly  
Order from the healthy portion of the menu  
Eat only half of your meal when dining out or share with someone  
Downsize versus supersize your meal  

Try to eliminate meals with:  

- High fat content  
- Low fiber content  
- High sugar carbonated beverages  
- Increased portion sizes  
- Low vegetable and fruit content  
- High sodium content  
- High carbohydrate content 