



The Choices are Yours!

Small steps add up! What can you do to be your best? Check (✓) them off. Add your own!

To eat smart, I can...

- Eat breakfast
- Drink juice, milk, or water when I'm thirsty-maybe with fast food
- Use food labels to find good-for-me snacks
- Drink milk with lunch or supper
- Order regular-size fast foods
- Compare my usual amounts to servings on food labels, so I don't overeat
- Use labels to pick snacks with less fat and less sugar
- Take fruit in my school bag to snack on when I'm hungry
- Try a new vegetable this week
- Eat slowly; stop when I'm full
- Ask my family to buy healthful snacks, such as fruits and veggies

Here's more I can do to eat smart:

Adapted from *The Power of Choice Leader's Guide*

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