

Make A Better Choice!



Both = **1g**
of Fat

Whole bagel w/jelly = 1/8 bagel w/1 tsp. of cream cheese



Both = **.5g**
of Fat

2 baked potatoes = 2 french fries



Both = **1g**
of Fat

A plate of carrots = 1 corn chip



Both = **.85g**
of Fat

2 nacho chips = Bowl of air-popped popcorn



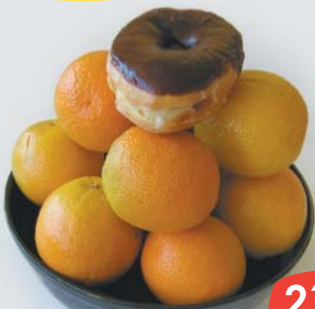
10g vs. **0g**
of Fat of Fat

1 ounce of potato chips vs. Large bowl of pretzels



15g vs. **1g**
of Fat of Fat

1 caramel nut candy bar vs. 28 licorice twists



21g vs. **0g**
of Fat of Fat

1 chocolate donut vs. 133 oranges



5g vs. **0g**
of Fat of Fat

3 corn chips vs. 6 rice cakes



15g vs. **2.4g**
of Fat of Fat

Cheddar-filled combos vs. Animal crackers



Both = **7g**
of Fat

1/2 caramel nut candy bar = 1 granola bar



2g vs. **9g**
of Fat of Fat

8 vanilla wafers (1.3g) vs. 1 chocolate chip cookie (1.35 oz.)



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