

NAME _____

Be Choosy!

The following menus are incomplete. Choose foods from the list below to make the most healthful meals for one day. You may use some items from the list more than once.

* * * **Breakfast** * * *

cereal

* * * * **Lunch** * * * *

turkey sandwich

* * * * **Snack** * * * *

banana

* * * * * **Dinner** * * * * *

rice

apple pie

* * * * * **Food Choices** * * * * *

- | | | | |
|--------------------------|-----------------------------------|------------------------|-----------------------------|
| • broiled fish | • sweet roll | • baked tortilla chips | • cooked green beans |
| • broiled chicken breast | • 1% fat milk | • whole-wheat bread | • fried egg |
| • orange juice | • black-eyed peas | • potato chips | • double cheeseburger |
| • baked sweet potato | • bagel with low-fat cream cheese | • hot fudge sundae | • spaghetti with meat sauce |
| • cooked spinach | • cola | • melon | • black bean soup |
| • carrot sticks | • steamed cabbage | • bacon | |
| • hot dog | • apple | • cole slaw | |
| • kiwi fruit | • low-fat yogurt | • cooked cauliflower | |
| | | • bean burrito | |