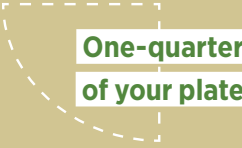
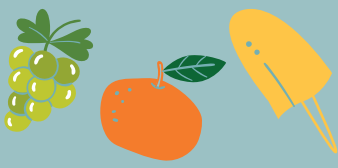


Smart or Splurge?

A QUICK GUIDE TO EVERYDAY FOODS

Want to eat better without overthinking it? Here's a no-fuss way to look at your meals. This chart helps you plan what goes on your plate—and how often it really belongs there.

FOOD GROUP	MEAL PORTION	SMART >>>> SPLURGE
Fruits and vegetables 	 Half of your plate	● Fresh, frozen, or canned in juice (fruit) or without sauces (veggies) ● Dried fruit, fruit canned in light syrup, veggies with sauces ● Fruit canned in heavy syrup, deep-fried veggies (like French fries)
Grains 	 One-quarter of your plate	● Brown rice, whole-grain breads and pastas ● White bread, rice, and pasta; granola; waffles and pancakes ● Sweetened breakfast cereals, muffins, donuts
Proteins 	 One-quarter of your plate	● Chicken and turkey (without skin); beans, lentils, and tofu; tuna canned in water ● Chicken and turkey (with skin), peanut butter, whole eggs, tuna canned in oil ● Hot dogs, lunch meats, pepperoni, sausage, hamburgers, chicken nuggets, bacon
Beverages  Water = every meal Milk = 1-2 servings/day Juice = 1 small glass/day		● Water, fat-free milk or 1% low-fat milk, unsweetened iced tea ● 2% low-fat milk, 100% fruit juice, sports drinks ● Whole milk, regular soda
Snacks and sweets 		● Fresh fruit (nature's sweet "treats") ● Frozen fruit juice bars, low-fat microwave popcorn, pretzels ● Cookies, cakes, pies, ice cream, candy, chips

● = **SMART** (make these your go-tos) ● = **SOMETIMES** (enjoy in moderation) ● = **SPLURGE** (save for special occasions)



Print this chart and put it on your fridge to keep *healthy choices* front and center!