



# Healthy Food Options

Brought to you by the health specialists at Filice Insurance

Fat and calories can creep up anywhere if you're not careful about what you eat and drink. Use this chart as a reference for selecting healthier food options when you're out to eat or preparing foods for your family:

Choose...	Instead of	Choose...	Instead of
Bottled water (spring water or carbonated with no sugar; coffee; tea or 100% fruit or vegetable juice)	Soda or fruit-flavored drinks	Low-fat or skim milk	Whole or 2% milk
Fresh fruit; dried fruit and unsweetened juices	Sweetened canned fruits and juices	Low-fat yogurt	Regular yogurt or cottage cheese
Bagels that are 3½ in. or smaller	Regular bagels	Muffins that are 2½ in. or smaller	Large muffins; croissants; doughnuts; sweet rolls or pastries
Light margarine; fat-free cream cheese; jam or jelly	Butter; full fat cream cheese or peanut butter	Unsweetened, whole grain cereal	Sugar cereal
Whole grain waffles and French toast	Waffles and French toast made with white bread	Lean ham or Canadian bacon; vegetable sausage or bacon substitute	Bacon or sausage
Salad with fat-free dressing on the side	Full fat dressing on the salad	Soups made with vegetable purée or skim milk	Soups made with cream or half-and-half
Pasta salad made with low-fat dressing	Pasta salad made with mayonnaise or cream dressing	Sandwiches made with whole grain bread	Sandwiches made with croissants or white bread
Lean meats; fish and tofu (3 grams of fat per ounce)	High-fat and fried meats; bacon; poultry with skin; cold cut and oil-packed fish	Baked potato with low-fat or vegetable toppings	Baked potato with butter, sour cream and bacon bits
Steamed vegetables	Vegetables in cream sauces or butter	Low-fat ice cream; low-fat frozen yogurt; sherbet; sorbet or angel food cake	High-fat and high-calorie desserts; ice cream; cheesecake; pie; cream puffs; large slices of cake
Fresh vegetables served with fat-free dressing; salsa or tofu dip	Tempura or deep-fat fried vegetables	Miniature meatballs made with lean turkey or beef	Large meatballs made from high-fat meat with gravy or high-fat sauce
Broiled or poached seafood; shrimp; salmon; scallops; oysters or clams	Deep-fat fried seafood with high-fat sauces	Fresh vegetable spring rolls	Egg rolls
Cubes of low-fat cheese that are ¾-inch squares or smaller	Slices of cheese	Low-fat popcorn that has 5 grams of fat or less per serving	Regular popcorn with butter; potato chips
Dips made of salsa; fat-free cottage cheese; hummus or low-fat salad dressing	Dips made from regular mayonnaise; sour cream; cream cheese or cheese sauce	Slices of cake that are 2 inches or smaller	Large slices of cake with ice cream