

If You Usually Eat This

White Bread

Sugared breakfast cereal

Cheeseburger and French fries

Potato salad at the salad bar

Doughnut, chips, salty snack foods

Soft drinks

Boiled vegetables

Canned vegetables

Fried meats

Fatty meats, such as ribs

Whole milk and ice cream

Mayonnaise or sour cream salad dressing

Cookies for a snack

Heavily salted foods

Eat This More Often

Whole-wheat bread (fewer nutrients lost in refinement/processing + more dietary fiber)

Low-sugar (and high-fiber) cereal (use the calories you save for a dish of fruit)

Hamburger (hold the mayonnaise) and baked beans (for less fat and cholesterol), and the benefits of plant proteins

Three-bean salad

Bran muffin or bagel (little or no cream cheese)

Diet soft drinks (save the calories for more nutritious food)

Steamed vegetables (for more nutrient retention)

Frozen vegetables (fewer nutrients lost in processing)

Broiled meats (watch the fat drain away)

Lean meats, such as ground round (also, eat chicken and fish often)

Low-fat or nonfat milk and sherbet or frozen yogurt (to reduce saturated fat intake)

Oil and vinegar dressings or diet varieties (to save calories)

Popcorn (air popped with minimal margarine or butter)

Foods flavored primarily with herbs, spices, lemon juice