

Food Choices In My Life

Think about foods you eat. Are some high in fat and low in nutrients? Do you eat high-fat foods often? Make a list of high-fat foods you eat now and make a list of other choices you could make. Some examples are listed.

I eat these foods now that may add too much fat to my daily eating plan.

2 candy bars each day

fried chicken

whole milk

Here are choices I could make to decrease the total fat I eat.

1 candy bar as a treat one afternoon a week

chicken cooked on the grill

1% or skim milk



Place a star next to the two changes you will make over the next two weeks.

Two weeks later: Did you meet your goal? Why or why not?

What do you think of the changes you made?
