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

2 candy bars each day 1 candy bar as a treat one afternoon a week
fried chicken chicken cooked on the grill
whole milk 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?

___________________________________________________________

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___________________________________________________________

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