

HEALTHY EATING OPTIONS THE CAFETERIA

AVOID

French fries

Fried chicken or fish

Pepperoni pizza

Whole milk

White bread and rolls

White rice

White pasta

Sweetened breakfast cereal

Fruit juice

Sweetened drinks, soda

Desserts

EAT

sweet potato or baked potato

grilled or baked chicken or fish

pizza with vegetables

low fat milk, soy milk, rice, almond milk

whole grain breads

brown rice

whole grain pasta

high fiber cereal like oatmeal

whole fruits

water, flavored seltzer

fresh fruit