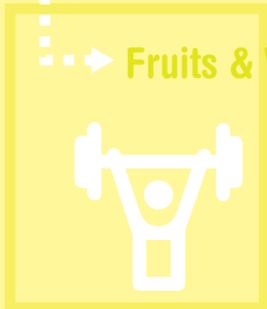
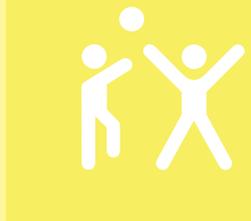


**Eat more of the foods on the bottom  
of the pyramid and less of what's on top  
to stay healthy!**



**Stay Healthy**

  
**CHOC**<sup>SM</sup>  
HEALTH ALLIANCE



# Healthy Choices

Better Than The Alternative Flow Chart

Poor Choice	Better Choice	Best Ever
SODA POP	FRUIT JUICE	WATER
CANDY BAR	NUTS FRUIT	APPLE
PEPPERONI PIZZA	CHEESE PIZZA	SALAD AND ONE SLICE OF PIZZA
HAMBURGER	SANDWICH	VEGGIE SANDWICH OR BURGER
FRIES	BAKED POTATO	RICE OR BEANS (EXCEPT REFRIED BEANS)
ICE CREAM	FROZEN YOGURT	FROZEN BANANA
WHOLE MILK	2% MILK / SKIM	SOY, RICE OR ALMOND MILK
CANNED VEGGIES	FROZEN VEGGIES	FRESH VEGGIES
WHITE BREAD	BROWN BREAD	SPROUTED GRAIN
FRIED FOOD	GRILLED FOOD	STIR FRY
PORK/BEEF	CHICKEN/TURKEY	FISH OR SOY PATTY
WATCH TV	TV WITH EXERCISE DURING COMMERCIALS	PLAY BASKETBALL
POTATO CHIPS	NUTS	APPLE CHIPS
DONUT	BAGEL	WHOLE WHEAT BREAD
ENERGY DRINK	COFFEE	ICE TEA OR TEA
CANDY BAR	PEANUT BUTTER AND JELLY SANDWICH	APPLE WITH PEANUT BUTTER

Toll-Free 1 (800) 424-CHOC (2462)

[www.chohealthalliance.com](http://www.chohealthalliance.com)

©2009 Schaller Anderson of California, L.L.C.