

HEALTHY



EATING

<http://blog.ryding2health.com>

Make healthy eating easy for your kids! Eliminating favorite foods and favorite restaurants can be difficult, so just swap it!

On the go? Eating out?

Start eating right by switching unhealthy eating habits for a better alternative!

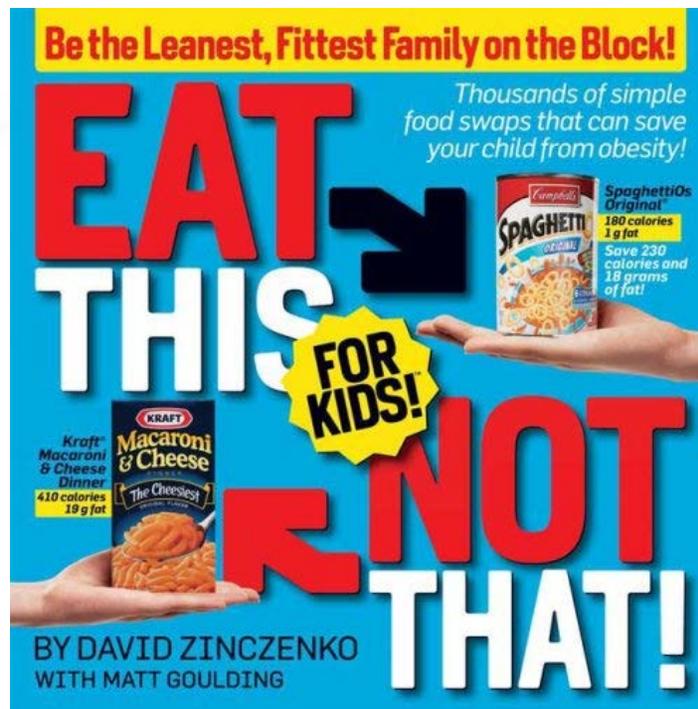
It's as simple as that!



<http://notsogoodfats.com>

SOURCES

- Food Network, www.foodnetwork.com
- Eat This, Not That! For Kids!
by David Zinczenko with Matt Goulding



<http://images.bookoutlet.com/>

AMY SALISBURY
PERIOD 4
05/16/2014
HEALTH
MOLONY



Healthy Eating

<http://kidshealth.org>

EAT THIS, NOT THAT!

(For Kids!)



www.thinkhealthydiet.com

Healthy alternatives to satisfy at all of your favorite restaurants!

EAT THIS!

Chuck E. Cheese's
Canadian Bacon and Pineapple Pizza
with 3 Buffalo wings
410 cal, 18g fat, 1028mg sodium

McDonald's

6 piece Chicken McNuggets with Apple
Dippers and Caramel Dip
355 cal, 15.5g fat, 705mg sodium

Olive Garden

Kid's Spaghetti & Tomato Sauce
310 cal, 6g fat, 770mg sodium

Starbucks

Grande Tazo Green Iced Tea Lemonade
with Black & White Mini Cookies (2)
370 cal, 12g fat, 55g sugars

Taco Bell

Fresco Crunchy Beef Tacos (2)
300 cal, 16g fat, 740mg sodium

NOT THAT!

Chuck E. Cheese's

Pepperoni and Sausage Pizza
with 2 Italian Breadsticks
667 cal, 27g fat, 1426mg sodium

McDonald's

3 piece Chicken Selects Premium
Breast Strips
400 cal, 23g fat, 1000mg sodium

Olive Garden

Macaroni & Cheese
510 cal, 18g fat, 940mg sodium

Starbucks

Grande White Hot Chocolate
with Banana Nut Coffee Cake
1000 cal, 52g fat, 72g sugars

Taco Bell

Ranchero Chicken Soft Tacos (2)
540 cal, 28g fat, 1640 sodium

A Fun and Healthy Dessert:
Chocolate Covered Banana Pops



<http://www.foodnetwork.com/>

INGREDIENTS

4 medium ripe but firm bananas
8 wooden craft sticks
3 tablespoons finely chopped peanuts
6 ounces good quality dark chocolate (60 to 70 percent cocoa solids), chopped

DIRECTIONS

Peel, then cut each banana in half cross-wise and insert a craft stick into each half. Place on a tray, cover with plastic wrap and place in the freezer until frozen, about 3 hours.

Place the peanuts in a shallow dish or on a plate. Melt the chocolate in the top of a double boiler over slightly simmering water, over the lowest possible heat, stirring frequently. Make sure the water is not touching the bottom of the top pan. Pour the melted chocolate into a tall glass. Dip each frozen banana into the chocolate, turning it to coat, and immediately roll in the peanuts. Place on a tray covered in waxed paper. Serve immediately or wrap individually in plastic wrap or waxed paper and freeze for up to 2 weeks.

Discover **THOUSANDS** of simple food swaps that can save your child from obesity!

EAT THIS FOR KIDS! **NOT THAT!**

SpaghettiOs Original®
180 Calories
1g Fat

Save 230 calories & 18g of fat!

Kraft® Macaroni & Cheese
The Cheesiest
410 Calories
19g Fat

<http://www.eatthisnotthatforkids.com/>