

Name _____

Date _____

Make the Stronger Choice

Choose foods for real-life meals



Directions: Circle the choice that gives your body more helpful nutrients.

1. Drink with lunch


Soda

or


Water


2. Breakfast


Donut


or


Oatmeal


3. Side with a sandwich


Fries


or


Carrot


4. Afternoon snack


Candy

or


Berries


5. Quick snack


Ice cream

or


Yogurt

6. Protein for dinner


Pizza

or


Chicken