



Get Up! San Diego

Choose to Eat Better & Move More



<i>Are these your choices?</i>	<i>Try these foods instead!</i>
Sausage + egg biscuit	Pancakes with syrup - <i>Hold the butter!</i>
Donut, sweet roll, croissant	Biscuit or toast + jelly, bagel + <u>a little</u> cream cheese
Pizza with pepperoni or sausage	Pizza with vegetables
Burger or fried chicken	Broiled or grilled chicken - <i>Hold the mayo or special sauce!</i>
French fries, hash browns	Baked, boiled, mashed potatoes or choose a salad or fruit
Fried rice	Rice with spices or tomatoes, onions, peppers, garlic
Soda	100% fruit or vegetable juice, low fat milk or water
Salad dressing	Fresh salsa or lemon juice & herbs
Mayonnaise	Low-fat or non-fat mayonnaise or yogurt
Butter, lard, bacon fat	Margarine or shorting (first ingredient should be liquid oil, such as canola, sunflower) - Try a reduced fat brand.
Seasoning: fat back or lard	Seasoning: lean ham or small amount oil, chili, onions
Bacon	Lean ham, smoked turkey
	Lean/ extra lean ground beef or turkey with spices/herbs
Regular ground beef	Lean/extra lean ground beef or turkey (Use less meat.)
Chuck steak	Lean round steak
Chicken or turkey parts with skin	Chicken or turkey parts <u>without the skin</u>
Frozen or canned vegetables w/sauce	Frozen or canned vegetables - No sauce
Whole milk (regular, evaporated, condensed)	Non-fat milk, 1% low-fat milk, low-fat buttermilk, low fat evaporated milk
Whole milk cheese	Part skim/non-fat cheese
Sour cream	Low-fat or non-fat yogurt or "lite" sour cream
Ice cream	Low-fat ice cream or frozen yogurt, sherbet
Chips, crackers, cookies, candy	Fresh, frozen, canned or dried fruit-Fresh vegetables w/salsa

<i>Are these your choices?</i>	<i>Choose to move!</i>
Watch TV.	Dance to music on radio, TV or CD. Play ball!
Use the TV remote.	Get up to change the TV station.
Let the dog out the back door.	Walk the dog for 30 minutes.
Lie on the beach.	Swim, ride the waves, play catch.
Eat Saturday lunch in the kitchen.	Go to a park. Eat and play - kick a soccer ball, ride, walk.
Drive to errands or work.	Walk and use the bus for errands or going to work.
Take the elevator.	Walk up stairs.
Park in the nearest spot.	Park a distance from destination - walk the rest of the way.
Sit during lunch.	Walk with co-workers during part of lunch.