

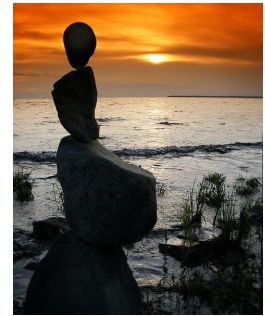
# PICK ME

**WHY  
ACT  
NOW**







## The Healthy Choice

Eat **HEALTHY** for the best version of you:

- \* Follow Canada's Food Guide for variety & balance.
- \* Choose fast food, pop, and other packaged foods less often.
- \* Try to make at least 1 healthy swap at each meal.
- \* It takes 21 days to break a habit and form a new one.
- \* Focus on being active daily to balance your food intake.



### Examples of Healthy Swaps

 <p>Calories = 332 Fat = 7g Sugar = 6g Sodium = 539mg</p> <p><b>Bagel &amp; Cream Cheese</b></p>	 <p>Calories = 870 Fat = 43g Sugar = 9g Sodium = 1150mg</p> <p><b>Big Mac + Fries (med.)</b></p>	 <p>Calories = 690 Fat = 24g Sugar = 6g Sodium = 1140mg</p> <p><b>Pepperoni Pizza (3 slices)</b></p>
<p><b>Whole Wheat Toast with Peanut Butter &amp; Banana</b></p> <p>Calories = 213 Fat = 9g Sugar = 9g Sodium = 135mg</p> 	<p><b>Subway - Sweet Onion Chicken Teriyaki 6"</b></p> <p>Calories = 360 Fat = 1g Sugar = 16g Sodium = 900mg</p> 	<p><b>Pita Pizza with Chicken, Spinach &amp; Tomato Paste</b></p> <p>Calories = 227 Fat = 6g Sugar = 6g Sodium = 397mg</p> 

#### Recommended Daily Intakes:

Calories = 2,000  
Fat = 65g  
Sodium = 1500mg

Choosing foods like pizza, burgers/fries **more often** will exceed the Recommended Daily Intake of calories, fat and sodium which can lead to unwanted weight gain.



If you ate **500 extra calories** every day for the entire school year and were not physically active, you could gain up to **44 pounds!** Time to start caring. **EAT HEALTHY** and **BE ACTIVE**.

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