Healthy Changes

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| Food | Healthier Food |
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| 1. Waffle and syrup
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| 1. High sugar cereal
 |  |
| 1. Coffee
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| 1. Bacon
 |  |
| 1. Sausage
 |  |
| 1. Hamburger
 |  |
| 1. French fries
 |  |
| 1. Hot dog
 |  |
| 1. Taco
 |  |
| 1. Tamale
 |  |
| 1. White bread
 |  |
| 1. Mayonnaise
 |  |
| 1. Fried chicken
 |  |
| 1. Potato chips
 |  |
| 1. Soda
 |  |
| 1. pizza
 |  |
| 1. Candy
 |  |
| 1. Cake
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