Healthy Changes

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| Food | Healthier Food |
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| 1. Waffle and syrup |  |
| 1. High sugar cereal |  |
| 1. Coffee |  |
| 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 |  |