

Empty calories

	EMPTY CALORIES	BETTER CHOICE
1.	Soda (all soft drinks)	Water, herb teas, green tea
2.	Chips	Home-popped popcorn, raw veggies
3.	Sour Cream Dips	Pureed avocado with lime juice, bean dip
4.	Candy	Fresh fruit
5.	Cookies and Bars	Fresh fruit
6.	Cake	Fresh fruit
7.	Pie	Fresh fruit
8.	Doughnuts	Whole-grain bagel with 100% fruit spread
9.	Most commercial muffins	Whole-grain muffins made with less sugar
10.	French Fries	White baked potato, sweet potato