



Eating Fast Foods the Healthy "Weigh"

Say NO thanks to combo meals.

SWAP super-size for smart-size.

**SHARE a biggie size with friends
or co-workers.**

**SAVE money and calories with
kiddie meals.**

**SUBSTITUTE milk or water
for soft drinks.**

SWITCH to the healthful options.

National Nutrition Month 2003. Adapted by the NC NET Program from Eat Right Montana materials

WORK
Well NC