

Food Comparison

There are so many varieties of our favorite foods that sometimes it's hard to know what type is the most healthful choice. Use this chart to help you identify your best bets to Eat Right.

The Common, Store-Bought Choice	The Better, Store-Bought Choice	The Best Store-Bought or Homemade Choice
Usually higher in calories, fat, sodium, sugar and more processed. Low in nutrition.	Lower in calories, fat, sodium, sugar and less processed. More nutritious but read labels!	The least processed for more nutrition and fewer harmful ingredients and calories.
Regular potato chips	Store-bought baked chips	Thinly slice a potato, mist with non-stick cooking spray, season with pepper and favorite spices, and bake in the oven until crispy
Regular cheese curls	Baked cheese curls	1 ounce sliced cheese with 1 serving whole-wheat crackers
Regular, butter-flavored popcorn	Reduced-fat flavored popcorn	Plain, reduced-fat popcorn, mist with cooking spray and flavor with spices, not oil or butter
Regular pretzels	Whole grain, high-fiber pretzels	1 ounce mixed nuts
Fruit snacks	1 ounce dried fruit	1 medium piece or 1 cup chopped fresh fruit, canned fruit (no added sugar) or frozen fruit
Regular, sugary cereal	Whole-grain, high-fiber and protein, low-sugar cereal	½ cup cooked whole oats
Regular cookie	Low-fat, low-sugar, high-fiber cookie	Low-fat, low-sugar homemade cookie or fruit bar
Ice cream	Reduced-fat, low-sugar ice cream or frozen yogurt	Non-fat plain yogurt mixed with fresh fruit and cinnamon or homemade yogurt smoothie
Soda	Diet soda	Water or flavored seltzer water
Juice, sweetened drink mix	100% fruit juice, no added sugar	Water flavored with fresh lemon, lime or orange wedges
French fries	Store-bought baked French fries	Slice potatoes, mist with cooking spray, season and bake until crisp
Popular chocolate candy bar	Low-fat granola bar	½ - 1 ounce dark chocolate
Cheese dip with tortilla chips	Salsa, low-fat dip or hummus with baked tortilla chips	Salsa or low-fat vegetable dip or hummus with raw vegetables
Processed deli meat slices (bologna, pepperoni, salami, etc)	Low-sodium, low-fat turkey, chicken, or ham slices	Hard-boiled egg, sliced leftover home-baked chicken or turkey
Take out pizza with extra cheese, meat toppings and regular crust	Take out pizza with less cheese, veggie toppings and thin crust	Homemade pizza with low-fat cheese, veggie toppings and whole wheat crust

**A variety of food companies offer products which fall into each category. Read labels and compare brands to choose the most healthful option.

Do the 2!
eat right. move more.



Louisiana