

Eating Wisely



3 deep fried chicken wings
80 calories each = 240 calories



2 cups low-fat yogurt
120 calories each = 240 calories

Avoid any food or beverage with any of the following ingredients (Read the labels)

- Artificial Sweeteners
- Caffeine
- High Fructose Corn Syrup (HFCS)
- Partially Hydrogenated Oils
- Phosphoric Acid
- Trans Fat

