

LEAN BEEF



EAT
MORE!

TUNA



EAT
MORE!

WHOLE-GRAIN BREAD



EAT
MORE!

CHICKEN



EAT
MORE!

WATER



DRINK
MORE!

BROWN RICE



EAT
MORE!

YOGURT (fat-free/low-fat)



EAT
MORE!

COTTAGE CHEESE (fat-free/low-fat)



EAT
MORE!

MILK (fat-free/low-fat)



fit

BEANS



EAT
MORE!

FRESH FRUIT



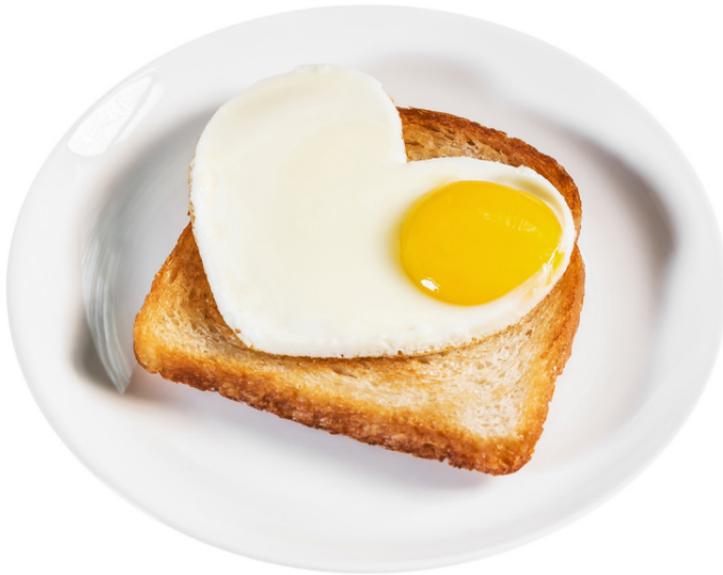
EAT
MORE!

FRESH VEGETABLES



EAT
MORE!

EGGS



OATMEAL



EAT
MORE!

PORK



EAT
MORE!

SPORTS DRINKS



fit

CHICKEN NUGGETS



EAT
LESS!

POTATO CHIPS



EAT
LESS!

CANDY



EAT
LESS!

CAKE



EAT
LESS!

DONUTS



EAT
LESS!

DESSERTS



FRENCH FRIES



EAT
LESS!

SODA POP



DRINK
LESS!

FRUIT DRINKS



fit

LOLLIPOPS



EAT
LESS!

MUFFINS



EAT
LESS!

PIE



EAT
LESS!

CHEESE PUFFS



EAT
LESS!

ICE CREAM SUNDAES



EAT
LESS!

fit