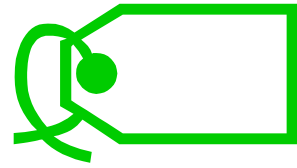


ONslow CHIP TIP... "SWAP MEET"



FEBRUARY... American Heart Month

Don't bargain away good health...

Swap out calories for healthier meals!

Meet your nutritional and physical activity goals!

SWAP OUT	TRY INSTEAD	CALORIES SAVED
1 can regular soda	1 bottle of water	100
Small French fries	Apple slices	270
1 cup chocolate ice cream	Half cup chocolate ice cream with half cup sliced strawberries	115
Big Mac	Regular hamburger	290
Half cup granola	3/4 cup high fiber cereal	110
1 Tbsp mayo	1 Tsp mustard on sandwich	100
1 large (4 1/2 inch) bagel	2 slices light whole grain bread	269
2 slices pizza	1 slice cheese pizza + 1 1/2 cups mixed salad with 1 Tbsp low-fat dressing	229
1 small bag pretzels	2 cups air-popped popcorn	47

Onslow CHIP is a certified Healthy Carolinians agency
 Source: *Prevention* magazine January 2010
 Visit CHIP at: www.onslowchip.org

