

This for that: this small challenge is to see what kind of swaps you can make!

# This

# Not That

Brown Rice or quinoa



Swap



White Rice



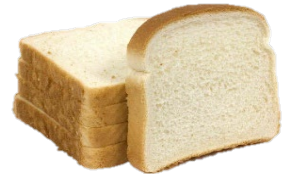
Whole wheat or whole grain bread



Swap



White Bread



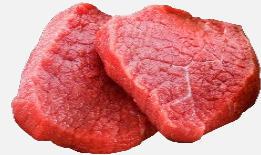
Lean meat: chicken, fish, pork



Swap



Red Meat



Tea or water



Swap



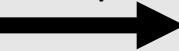
Sugary Drinks (soda, sweet tea, sports drinks, etc.)



Popcorn



Swap



Chips



Fruit



Swap



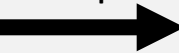
Fruit Snacks



Yogurt with fruit



Swap



Sugary Cereal





