



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance specialists at Sullivan Benefits

HEALTHY FOOD

OPTIONS

Fat and calories can creep up anywhere if you're not careful. Use this chart as a reference for selecting healthier food options when you're eating out or preparing meals.

Choose...	Instead of
Water; coffee; tea or 100% fruit or vegetable juice	Soda or fruit-flavored drinks
Fresh fruit; dried fruit and unsweetened juices	Sweetened canned fruits and juices
Bagels that are 3½ in. or smaller	Regular bagels
Light margarine; fat-free cream cheese; jam or jelly	Butter; full fat cream cheese or peanut butter
Whole grain waffles and French toast	Waffles and French toast made with white bread
Salad with fat-free dressing on the side	Full fat dressing on the salad
Pasta salad made with low-fat dressing	Pasta salad made with mayonnaise or cream dressing
Lean meats; fish and tofu (3 grams of fat per ounce)	High-fat and fried meats; bacon; poultry with skin; cold cut and oil-packed fish

Steamed vegetables	Vegetables in cream sauces or butter
Fresh vegetables served with fat-free dressing; salsa or tofu dip	Tempura or deep fried vegetables
Broiled or poached seafood; shrimp; salmon; scallops; oysters or clams	Deep fried seafood with high-fat sauces
Cubes of low-fat cheese that are ¾-inch squares or smaller	Slices of cheese
Dips made of salsa; fat-free cottage cheese; hummus or low-fat salad dressing	Dips made from regular mayonnaise; sour cream; cream cheese or cheese sauce
Low-fat or skim milk	Whole or 2% milk
Low-fat yogurt or cottage cheese	Regular yogurt or cottage cheese
Muffins that are 2½ in. or smaller	Large muffins; croissants; doughnuts; sweet rolls or pastries
Unsweetened, whole grain cereal	Sugar cereal
Lean ham or Canadian bacon; vegetable sausage or	Bacon or sausage



HEALTHY FOOD OPTIONS

bacon substitute	
Soups made with vegetable purée or skim milk	Soups made with cream or half-and-half
Sandwiches made with whole grain bread	Sandwiches made with croissants or white bread
Baked potato with low-fat or vegetable toppings	Baked potato with butter, sour cream and bacon bits
Low-fat ice cream; low-fat frozen yogurt; sherbet; sorbet or angel food cake	High-fat and high-calorie desserts; ice cream; cheesecake; pie; cream puffs; large slices of cake
Miniature meatballs made with lean turkey or beef	Large meatballs made from high-fat meat with gravy or high-fat sauce
Fresh vegetable spring rolls	Egg rolls
Low-fat popcorn that has 5 grams of fat or less per serving	Regular popcorn with butter; potato chips
Slices of cake that are 2 inches or smaller	Large slices of cake with ice cream