Don't Get Tricked by Your Favorite Treat!

A few pieces of candy, your favorite soda, enjoying your favorite fast food, or eating potato chips can have a negative impact on your wellness goals.

Healthier options are minimally processed, providing fewer calories with an abundance of nutrients needed for energy. Foods that have empty calories are high in fat and undergo processing causing them to lose most of their nutritional value. Highly processed foods pass through your body quickly, causing you to feel hungry quicker leading to overeating and weight gain.

You will be amazed at how much better you feel when you eat fresh fruit or vegetables in comparison to consuming sugary snacks or drinks. This month we challenge you to take a look at the empty calorie treats in your current diet and trade them for a healthier option.

At the end of October, give yourself a point for

each day you made a healthy swap. Earn up to 31 points.

TIPS TO GET YOU STARTED

Empty Calorie Treats to Avoid

- ❖ White Bread
- ❖ Donuts
- ❖ Soft Drinks
- ❖ Energy Drinks
- ❖ Candy
- ❖ Potato Chips
- ❖ Cookies
- ❖ High-Fat Ice Cream
- ❖ Fried Foods
- ❖ Fast Food Hamburgers
- ❖ High-Fat Cheese
- ❖ Luncheon Meats
- ❖ Frozen Dinners

Healthy Alternatives

- ❖ Whole GRAIN
- ❖ Whole Grain Muffin
- ❖ Green Tea
- ❖ Black Coffee with Almond Milk and Honey
- ❖ Fresh Fruit
- ❖ Sweet Potatoes/ Plantain Chips
- ❖ High Fiber Oatmeal Cookies
- ❖ High-Quality Frozen Yogurt
- ❖ Grilled of Fresh Vegetables
- ❖ Grilled chicken or fish
- ❖ Reduce-Fat Cheese
- ❖ Salads with Dark Leafy Greens
- ❖ Air Popped Popcorn

Challenge Log Instructions:

- ❖ Choose up to 3 empty calorie foods or beverages to eliminate from your diet and list them to the right
- ❖ Put a check mark over the symbol that represents the item that you were able to eliminate that day

Empty Item 1: _____

Empty Item 2: _____

Empty Item 3: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31