Smart Choices

Identify the foods you don't eat in the "If I don't eat this..." column and circle the foods you can use to replace them from the "I can choose this..." column. Use this handout as an action plan for change.

If I don't eat this...	I can choose this...	
Meat **Fish** **Chicken**	Milk Dairy foods Eggs Eggs substitutes Beans Lentils Peas	Nuts and seeds including peanut butter Fortified, unsweetened soy beverages Soy meat alternatives (veggie burgers) Whole and fortified grains
Milk **Cheese** **Yogurt**	Fortified unsweetened soy beverages Calcium fortified juices Kale Broccoli Bok choy Tofu with calcium Oatmeal	Calcium fortified cereal Eggs or egg substitutes Fish Meat Chicken Almonds Sesame seeds

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