

How To Unjunk ? The Junk Food .



Healthy Alternatives To Junk Food

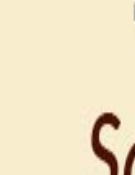
Avoid These

- Packaged breakfast cereals
- Bacon
- Bagel
- Deli sandwiches
- French fries or chips
- Roast beef

- Fried chicken

- Brownies

- Cookies



Choose These

- Oats with fresh fruits

- Boiled egg or home-made omelet

- Whole-grain banana muffin

- Home-made whole grain sandwiches with veggies, white meat or say

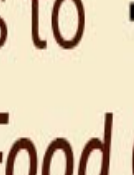
- Baked potato

- Baked fish

- Stir-fried chicken with vegetables

- Fruit with melted dark chocolate

- Whole grain muffin



Tips to

Satiate Junk Food Cravings



Prefer low-fat meats, such as chicken or fish, for toppings



Choose oils with higher levels of healthy fats



Switch to soy patties for burgers



Use low-fat cheese and dressings for flavor



Add vegetables to pizza, burgers, and lasagna to increase their nutritional value



Prefer plain water or infused water instead of soda or milkshakes



Avoid fried toppings on salads



Use fresh tomato sauce for dressings

REFERENCES

1. Healthy Food Alternatives (Choosing Better Foods)

Beaumont

2. Choose This, Not That: Healthy & Unhealthy Choices At Fast Food Restaurants
American Academy of Pediatrics



Mom Junction