


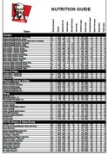













Healthy Alternatives Matching Game

Participant Instructions: Cut out 1\Y'2 sets of cards on this page and the next one. Turn each card face down on the table. Take turns turning over 2 cards until you find a match. When you find a match you keep those, and the next person takes a turn.

<p>Use a small amount of salad dressing on salads!</p> 	<p>Give children and yourself 2-3 healthy choices!</p> 	<p>Talk about what foods you and your children can order ahead of time and plan what you will order!</p> 
<p>Find the nutrition information menu online and have your children look at it, and choose healthy foods.</p> 	<p>Buy the kid's meal toys separately.</p> 	<p>Require that kid's meal choices be healthy ones such as milk instead of soda.</p> 
<p>Choose the small hamburger with no mayo.</p> 	<p>Order grilled chicken not fried.</p> 	<p>Order beans without cheese.</p> 
<p>Choose a baked flour or soft corn tortilla instead of fried.</p> 	<p>Have a glass of water before you go for fast food.</p> 	<p>Choose a baked potato instead of french fries.</p> 
<p>Order a thin crust pizza with vegetables and lean meats such as ham or Canadian bacon.</p> 	<p>Order apple slices or bananas instead of french fries.</p> 	<p>Choose yogurt with fruit instead of ice cream.</p> 

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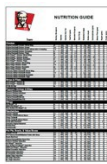
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