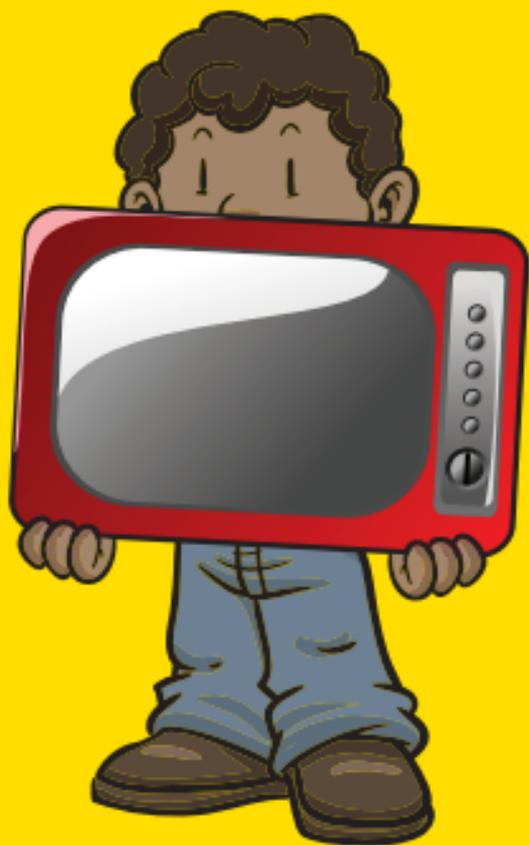


Can television make you fat?



Turn over to get the answer.

Yes.

Sitting in front of the television means you're not moving. Plus if you eat while watching television, you get distracted and eat too much.

Make the smart choice...

1. Watch no more than one hour of television a day.
2. Don't eat while watching television. TV commercials advertising food can make you hungrier.
3. Eat together at the table without television.

It comes in yellow, green
and red, is seedless, grows
in bunches and is a good
source of vitamin C.
Which fruit is it?



Turn over to get the answer.

Bananas.

Fruits and vegetables are good for you and taste great, too.

Make the smart choice...

1. Snack on fruits like bananas, apples, pears and vegetables like carrots, broccoli and cucumbers instead of candy, cookies and chips.
2. Choose a piece of fruit instead of juice at breakfast.
3. Fill half your lunch and dinner plates with vegetables such as a salad, steamed broccoli or green beans.

How long would you have to run to burn off the calories in only two slices of pizza and a 12-oz. regular soda?



Turn over to get the answer.

Two hours.

Wow, that's a lot of calories to burn for **ONLY** one meal!

Make the smart choice...

1. Drink water instead of soda. It's free and healthy.
2. Be physically active for at least one hour every day.
3. Walk with your friends instead of taking the subway or bus the whole way.
4. Dance, walk, run – keep moving and have fun.
5. Spend time outside instead of watching TV or playing video games.

Which drink
has more sugar –
a regular soda or
an iced tea drink?



Turn over to get the answer.

They have the same amount of sugar.

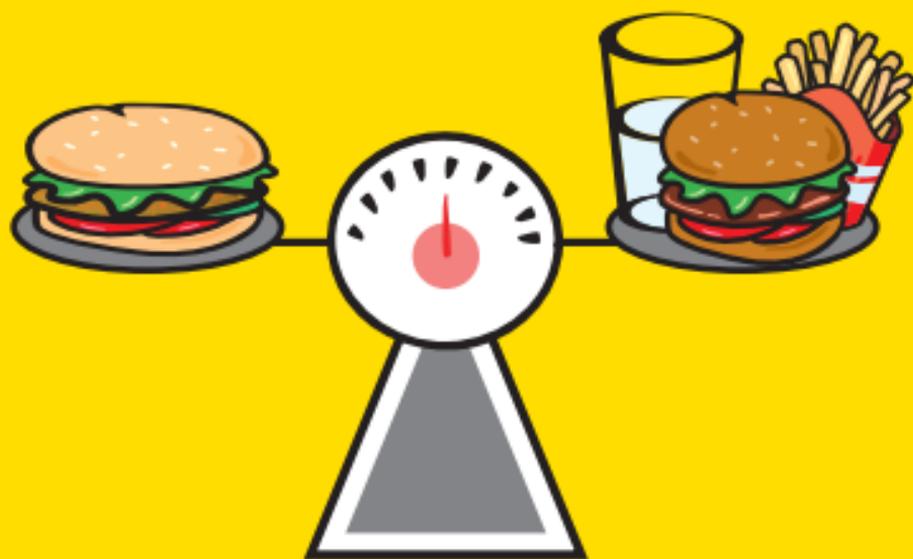
Drinks such as regular soda, juice, sweetened tea and sports drinks have way too much sugar—stay away from them!

Make the smart choice...

- Drink water. NYC tap water tastes as good as, or better than, bottled water – and it's free.
- Choose 1% or fat-free milk instead of whole milk.
- Switch from juice to whole fruit. Whole fruit has fewer calories and, unlike juice, contains healthy fiber.

Which has more calories?

One fried chicken club sandwich OR one regular hamburger, a small French fries, and water?



Turn over to get the answer.

The fried chicken club sandwich.

One chicken club sandwich has 790 calories compared to one regular hamburger, small fries, and water, which has 520 calories.

Make the smart choice...

1. Choose a smaller size. It will save you calories and money.
2. Split your snack or meal with a friend or take half of it home for later.
3. Notice when you're full and stop eating.