

Food Choices Made Easy



EAT THIS

INSTEAD OF THIS

- ✓ Dark Chocolate → Milk or white chocolate
- ✓ Homemade turkey burgers → Fast food burgers
- ✓ Baked sweet potato fries → Deep-fried french fries
- ✓ Soups with vegetable or chicken broth base → Cream-based soups
- ✓ Grilled turkey or chicken slices → Processed deli meats with added sodium
- ✓ Fat-free milk → Whole milk
- ✓ Air-popped popcorn → Potato chips or butter popcorn
- ✓ Fresh in-season fruit → Cookies, sweet snacks, or granola bars
- ✓ One slice of pizza and fresh vegetables → Two slices of pizza
- ✓ Cook with cooking spray/ a non-stick pan → Cooking with a butter-greased pan
- ✓ A sandwich with a salad/ fruit → A sandwich with chips/ fries
- ✓ Black coffee/ coffee with a splash of milk → Sugary coffee beverages
- ✓ Sparkling water with fruit → Soda/ sugary drinks
- ✓ Handful of unsalted nuts → Handful of candy



Rethink Your Drink

	CALORIES		
	20 oz.	12 oz.	SAVED

Fruit punch	320	192	128
100% apple juice	300	180	120
100% orange juice	280	168	112
Lemonade	280	168	112
Regular lemon-lime soda	247	148	99
Regular cola	227	136	91
Sweetened Iced tea	225	135	90
Tonic water	207	124	83
Regular ginger ale	207	124	83
Sports drink	165	99	66
Fitness water	36	18	18
Unsweetened iced tea	3	2	1
Water or Sparkling water (unsweetened)	0	0	0



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