

# Make a Change

Small changes make a big difference. Make smart swaps to cut back on saturated fat, sodium, and added sugars.

Instead of...	Choose...
Example: Double bacon cheeseburger with mayo	Single hamburger with ketchup and mustard
Large fries	
Fried chicken	
Whole milk	
Chocolate milkshake	
Eggs and bacon	
Cake and ice cream	
Potato chips	

Three ways to reduce saturated fat in my diet:

1

2

3

My fast food meal:

Menu item	Grams of fat

Lower fat options:

Menu item	Grams of fat

## Why limit added sugar?

Sugar is high in calories and provides no nutrients. A diet high in sugar can cause tooth decay. It also increases the risk of weight gain, heart disease, and diabetes. While added sugar is found in many of the foods that we eat (even those that might not taste sweet!), sweetened beverages are often the biggest source.



### Rethink your drink

12 fluid ounces = \_\_\_\_\_ teaspoons sugar

16 fluid ounces = \_\_\_\_\_ teaspoons sugar

20 fluid ounces = \_\_\_\_\_ teaspoons sugar

64 fluid ounces = \_\_\_\_\_ teaspoons sugar

### Ways I can reduce the amount of sugar and increase the amount of water I drink:

### Where do I find sodium in my diet?

My food item: \_\_\_\_\_

Amount of sodium: \_\_\_\_\_ Percent daily value: \_\_\_\_\_

**Don't forget!**  
20% or more of  
the daily value is  
considered high.

### Ways I can reduce my salt intake:

Funded in part by the USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Need help stretching your food dollars? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)