

# Healthy Substitutions

## McDonalds® Cheeseburger



300 kcal    12 g fat  
2 g fiber

## Medium McDonalds® French Fries



380 kcal    20 g fat  
5 g fiber

## Granny B's® Frosted Sugar Cookie



552 kcal    24 g fat  
1 g fiber

## Strawberry Cheesecake



320 kcal    9 g fat  
2 g fiber

## 6" Subway® Turkey Sandwich with Veggies and Mustard



280 kcal    5 g fat  
5 g fiber

## Baked Potato with Salsa



200 kcal    0 g fat  
6 g fiber

## 1 All Bran Bar®



130 kcal    3 g fat  
5 g fiber

## 2 Cups of Fresh Berries



160 kcal    0 g fat  
6 g fiber

Brought to  
you by:



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