

4

Smart Summertime Food Swaps

Instead of this:

Bratwurst

Two, with buns
49 g fat (12g saturated)
1,854 mg sodium

760
CALORIES

Try this:

Beef Franks

Two Hebrew National
97% Fat Free® Beef Franks with
Whole Grain White Buns
4 g fat (0 g saturated)
1,400 mg sodium

300
CALORIES

Rib Eye Steak

6 oz., choice, trimmed of fat
37.5 g fat (15.5g saturated)
350 mg sodium

465
CALORIES

Sirloin Steak

6 oz., choice, trimmed of fat
16 g fat (6 g saturated)
350 mg sodium

300
CALORIES

Potato Salad

1 cup
21 g fat (4 g saturated)
1,323 mg sodium

360
CALORIES

Pork & Beans

Van Camp's®, 1 cup
2 g fat (0 g saturated)
780 mg sodium

220
CALORIES

Typical Iced Tea

1 bottle, 16 oz.
0 g fat
44 g sugars

180
CALORIES

Iced Green Tea

Honest® Honey Green Tea
1 bottle, 16 oz.
0 g fat
19 g sugars

70
CALORIES