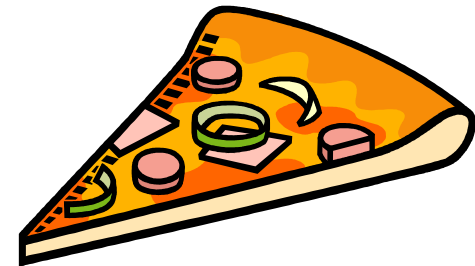
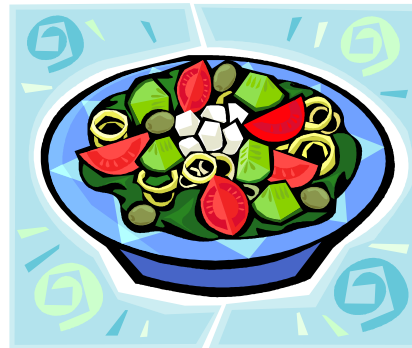


# Healthy, Healthier, Healthiest

All foods fit into a healthy diet, but some are better choices than others. If you had to choose between a salad, a hamburger or pizza, which would you guess is the healthiest choice? Let's take a look at the food facts. You will need to look up the nutrient analysis in the Health-e Meal Planner™ on your district's web site. Write down the nutrient information for each nutrient listed. Compare the amounts in the each column and circle the food that has the highest amounts of Vitamin A, C, calcium and iron and the lowest amount of sodium and fat. This is the food that has the most nutrients. It is the healthiest choice. Be sure to use the Health-e Meal Planner™ to see how each food fits into a healthy diet in balance and moderation.



	Hamburger	Tossed Salad with Dressing	Pizza
Calories			
Fat			
Saturated Fat			
Sodium, mg			
Vitamin C			
Vitamin A			
Calcium			
Iron			