## We Can! Food Comparison Chart

How can you and your family eat healthier? See below for ideas on how healthier choices can save you calories and money.

## LUNCH

| Typical Fast Food <br> Lunch | Cost* $^{*}$ | Calories |  | Typical Brown Bag <br> Lunch | Cost* |
| :--- | :---: | :---: | :---: | :---: | :---: | Calories

SNACK

| Typical Snack | Cost* $^{*}$ | Calories |  | Healthier Snack | Cost* $^{*}$ | Calories |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| Chips, 3 ounce bag | $\$ 0.99$ | 465 |  | Apple, medium | $\$ 0.46$ | 70 |
| Soda, regular, 21 <br> ounces | $\$ 1.25$ | 250 |  | Water, small bottle <br> (16.9 ounces) | $\$ 0.99$ | 0 |
| Total: | $\$ 2.24$ | $\mathbf{7 1 5}$ |  | $\$ 1.45$ | $\mathbf{7 0}$ |  |

*Costs may vary by region and season.

For more information about We Can! visit http://wecan.nhlbi.nih.gov or call 1-866-35-WECAN

