PIZZA

Serving Size = 1 Slice

CHEESE	PEPPERONI
CALORIES - 340	CALORIES - 380
FAT - 6 GRAMS	FAT - 12 GRAMS
% FAT - 16%	% FAT - 28%

FRENCH FRIES

Serving Size = 1/2 Cup

FRIED	OVEN BAKED
CALORIES - 358	CALORIES - 252
FAT - 16 GRAMS	FAT - 10 GRAMS
% FAT - 46%	% FAT - 34%

SERVE THESE HIGHER FAT ITEMS LESS OFTEN AND WITH LOWER FAT FOODS

PEANUT BUTTER

CALORIES	303
FAT	16 GRAMS
% FAT	45%

CORN DOG

CALORIES	330
FAT	20 GRAMS
% FAT	55%

NACHO GRANDE

CALORIES	559
FAT	36 GRAMS
% FAT	57%

HOW DO YOU USE YOUR APPLES?

APPLE PIE - FRIED

CALORIES	255
FAT	14 GRAMS
% FAT	48%

APPLESAUCE CAKE

CALORIES	283
FAT	7 GRAMS
% FAT	22%

APPLE BETTY or APPLE CRISP

CALORIES	217
FAT	3.5 GRAMS
% FAT	14%