

Nutrition Facts

Processed Food Alternatives

The variety of convenience and prepackaged processed foods can be tempting to save time, but these foods are not usually the best choices. They are okay to eat sometimes. Try choosing some of the healthier choices below most often.

Instead of:

Chocolate bars, candy, chocolate covered granola bars, cookies with cream fillings or chocolate, pasties, danishes, doughnuts, brownies, super-sized muffins

Instant noodles with powdered soup base

Pre-packaged lunch “combos”

Frozen style pizza pocket

Macaroni and powdered cheese (in a box)

Gummy/fruit candies

100 calorie snack packs/chocolates

Goldfish/cheese crackers

Choose:

Fruit, homemade muffins, unsweetened fruit sauces, puddings made with milk, homemade oatmeal cookies

Homemade baked pita chips

Regular or whole grain crackers with grilled meat strips, cheese cubes and vegetables (tomato, cucumber and sweet pepper)

Stuff veggies, cheese and salsa in whole grain pita bread or tortilla and heat in the microwave to melt

[Homemade macaroni & cheese made with cheddar cheese and pureed squash](#)

Seasonal fruit kabobs

Air-popped popcorn, unsalted nuts or seeds

Sliced cheese on whole grain crackers or whole wheat pita chips

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