

The Ten "Food Winners" Challenge

Relatively Unhealthy Food or Drink I Eat or Drink Fairly Often	Healthier Food/Drink I Now Substitute & Enjoy Just as Much or More	This Food/Drink is a Winner Because:	Draw a Star for Each Winner
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			