



junky VS. HeartHealthy FOODS

junky choice

Potato chips

French fries

Ice cream

Refried beans

Fried
chicken

Chocolate
candy bars

Cheeseburger

Coffee with
cream+sugar

HeartHealthy choice

Trail mix

Oven-roasted
potatoes

Lowfat
frozen yogurt

Black beans

Roasted
skinless chicken

Dark
chocolate

Black bean burger

Coffee with
agave



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