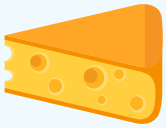
Right Bite: What Would You Substitute for These High-Fat Foods?

► Learn how to cut fat from the diet with substitutions for high-fat foods as part of the Right Bite: Setting the Table for Healthy Eating series. Adults and teens will discover fun ways to make tasty changes to their diet and easy changes to their physical activity.

Either write down the food or draw a picture of the food you would substitute for these foods.

Cheese 	
Butter	
Mayonnaise	
Cream	
Shortening	

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