

Healthy Choices Quiz

Can you pick which option is the healthiest?

*Turkey Burger or
7 oz. Sirloin Steak?*



Dried or Fresh Fruit?



Doughnut or Bagel?



*Chicken Wrap or
Grilled Chicken Sandwich?*



*Bran Muffin or
Breakfast Sandwich?*



All Salads Are Not Healthy



Worst choice when dining out?

