



The Half and Half Rule

You can eat healthier just by using the "Half and Half Rule." Substitute half of the food on the left with the healthy alternatives on the right.

Half of this

White Rice

Whole Milk

Regular Cereal

Mashed Potatoes

Mayonnaise

Ground Beef

with

Half of this

Brown Rice

Skim Milk

Bran Cereal

Mashed Turnips

Mustard

Ground Pork or Chicken