

Healthy Food Facts and Alternatives



Facts:

- Did you know that apples are made up of 25% air, which is why they float.
- Apples are more effective at waking you up in the morning than coffee is.
- Broccoli contains more Vitamin C than an orange, twice the amount.
- Cucumbers are 96% water and cabbage is 91% water.
- What fruit has the highest protein contents of all? Avocados. Many people don't even know that Avocados are a fruit.
- Strawberries contain less sugar than lemons do.
- The stickers on fruits are edible. So just in case you accidentally eat one, don't be too alarmed.
- Frozen vegetables are more nutritious than non-frozen because they are often picked at the height of ripeness and frozen shortly after.
- There are about 10,000 different types of apples in the world.
- Honey is the only edible food that never expires or goes bad.
- Around 8% of children and 2% of adults have some type of food allergy.
- About 70 million people suffer from food poisoning each year and out of those 70 million cases, around 7 million are fatal.

Healthy Food Alternatives:



<u>Unhealthy Food</u>		<u>Healthy Food</u>
milk chocolate or white chocolate	→	dark chocolate
fries	→	sweet potato wedges
ice cream	→	frozen yogurt
hamburgers or cheeseburgers	→	lettuce wrapped grilled chicken, turkey or salmon burgers
pizza	→	whole wheat pita pockets
sweets	→	dried fruit
cake	→	banana bread
chips	→	popcorn
milkshakes	→	homemade, natural smoothies
soda	→	water or sparkling water
candy	→	dark chocolate dipped nuts
fried foods	→	baked foods