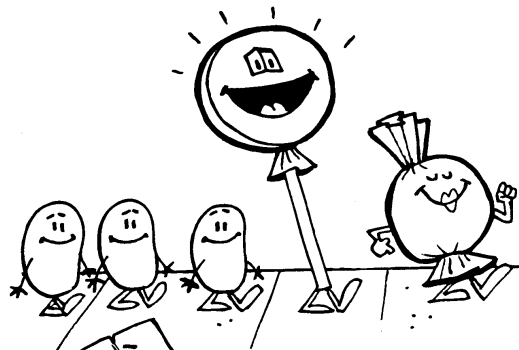
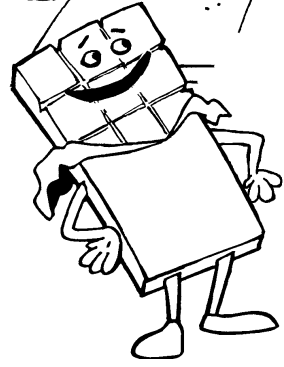


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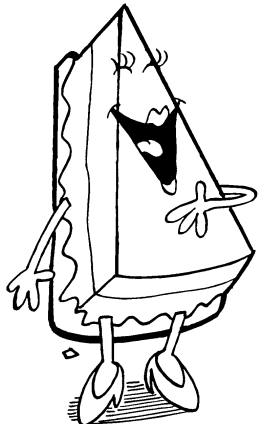


# EXTRAS FUN



**Many of your favorite sweets and snacks  
Are jam-packed with nutritional drawbacks.**

**These foods aren't part of any group you see,  
That's why they say "eat these foods sparingly."**

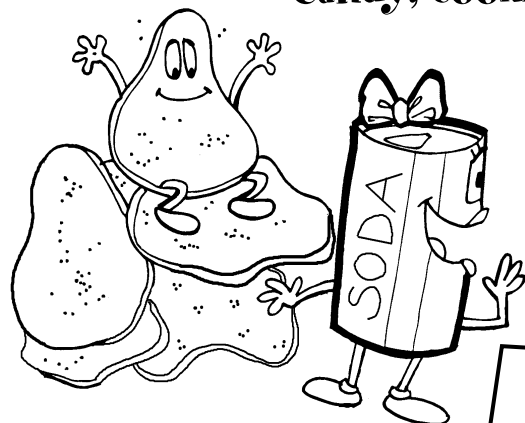


**Their calories are "empty," good to know,  
This means in these foods nutrients are low.**

**Fats, sugars and salt, all tasty to you.  
Wonder what these foods are? Here's a review.**



**Jams, jellies, syrup and sugars, all sweets,  
Candy, cookies, cake, yummy dessert treats.**



**Potato and corn chips, even French-fries,  
Soft drinks, too...drink water instead, be wise!**

**For extra calories they're at the top,  
That's why you are told, before you eat, STOP!**

**When eating these foods,  
please do understand,  
Tiny amounts are your very best plan.**

**Limit the amount of these foods that  
you eat. Make sure you do some  
physical activity to burn the  
calories they add.**

