My Plan to Trim the Fat

- Write down your top 5 high fat foods
- Complete the table
- Circle one food and one of the three ways to eat less fat from that food
- Make this a goal for the next week

My top 5 high-fat foods	Choose one of the three ways to trim the fat for each of your high fat foods		
	I will eat this food less often: (Set a limit)	I will eat less of this food: (Set an amount)	I will eat this food instead: