

This time **small fry** is a **good term!**



You know calling someone a “small fry” is just not nice. Did you know that making better choices, such as ordering small fries instead of large fries, is one of the nicest things you can do for your future?

What harm can there be in a few extra fries? Decide for yourself. One small order of fries has 210 calories and 10 grams of fat. One large order has 540 calories and more than twice the fat at a whopping 26 grams. Now, imagine how many fries you’ll order in your lifetime. Starting healthy habits today will help prevent the heart disease or diabetes that may already be lurking in your future.

Many kids in central Wisconsin and across the country are developing poor eating habits, causing a dramatic rise in obesity among children. Childhood obesity puts kids at risk for long-term health problems such as diabetes and heart disease.

HEALTHY
**Lifestyles**

Marshfield Area Coalition

In cooperation with Marshfield Clinic