



## Healthification



## Score Comparisons

| <b>Food Item</b>                           | <b>Score</b> | <b>Food Item</b>                 | <b>Score</b> |
|--|--------------|----------------------------------|--------------|
| Nilla Wafers                               | <b>8</b>     | Honey Teddy Grahams              | <b>24</b>    |
| Pringles Original Potato Crisp Reduced Fat | <b>9</b>     | Lay's Stax Original Potato Crisp | <b>10</b>    |
| Turkey Breast                              | <b>31</b>    | Turkey Breast (skinless)         | <b>48</b>    |
| Iceberg Lettuce                            | <b>82</b>    | Romaine Lettuce                  | <b>100</b>   |
| 2% Milk                                    | <b>55</b>    | Skim Milk                        | <b>91</b>    |
| Salted and Roasted Almonds                 | <b>44</b>    | Almonds                          | <b>81</b>    |
| Cape Cod Light Chips 40% Reduced Fat       | <b>31</b>    | Fritos Original Corn Chips       | <b>14</b>    |
| Gatorade Lemon Lime                        | <b>1</b>     | Diet Coke                        | <b>15</b>    |
| Kraft Macaroni & Cheese                    | <b>3</b>     | Chef Boyardee Beefaroni          | <b>20</b>    |