

# Mission In Motion

## Health & Wellness Weekly Bulletin

March 2012—Nutrition



### March: Nutrition

#### Week 1: Go for the green!

Kiwi fruit has more vitamin C than an orange and more potassium than a banana, when compared ounce for ounce. This powerhouse fruit also is a great source of vitamin B, fiber and vitamin E.

Source: University of California, Berkeley Wellness Letter

Human Resources Dept.  
1201 E. 8th Street  
Mission, TX 78572  
956-580-8630

