

Mission In Motion
Health & Wellness Weekly Bulletin
January 2012 — Weight Loss



January 16, 2012—Week 3: Trim the fat, retain the taste

Skimming the fat from your milk doesn't mean you have to skimp on taste. If nonfat milk tastes too watery, add a tablespoon or two of nonfat dried milk to each glass. You'll have a thicker, richer tasting glass of milk, plus you'll benefit from the extra amount of calcium and protein—with no increase in fat.

Source: University of California, Berkeley Wellness Letter

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