



Healthy Eating

Health and Wellness

Tip of the Week
Week 13
March 30, 2020

Our Mission is to promote health awareness and encourage healthy lifestyles.

The Fruits of Healthy Eating

Want to lower your chances of disease? Then eat your fruits and veggies. Eating healthy servings of them each day can help fight off heart disease, heart attack, obesity, stroke, Type 2 diabetes and some cancers. Make your plate half fruits and half veggies.

Source: U.S. Department of Agriculture

City of Mission
Human Resources Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631
www.missiontexas.us