

Mission In Motion
Health & Wellness Weekly Bulletin
February 2012—Healthy Heart



February 6, 2012—Week 1

Cut the cheese!

It's the leading source of artery-clogging saturated fat in the U.S. diet. Americans are eating about three times the amount of cheese today—on burgers, pizza, sandwiches, pasta, and even salads—than they did 30 years ago.

Source: University of California, Berkeley Wellness Letter

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