



# Mission In Motion

Health & Wellness  
Tip of the Week




March 4, 2013



Trying to lose weight? Here's another reason to pack your diet with fruits and vegetables – they have high water content. When you prepare dishes and drinks with fruits and vegetables—such as stews, soups and smoothies—you can help cut down your calories and still feel satisfied.

*Source: University of California, Berkeley Wellness Letter*



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

