

Mission In Motion

Health & Wellness Weekly Bulletin

March 2012—Nutrition



March: Nutrition

Week 2: Good nutrition can be as easy as one-two-three!



Making a few changes in your meal and snack choices is a good place to start.

Try these tips:

1. Consume at least one low-fat dairy product each day such as a cup of yogurt or an eight ounce glass of skim milk. Make sugar free instant pudding with skim milk for a delicious treat.
2. Add two servings of fruits and vegetables to your meals. Try a variety of fresh vegetables and fresh or dried fruit in salads.
3. Add three servings of whole-grain foods to your daily diet. Check labels. It's not hard to include whole wheat breads, pastas and cereals or brown rice. Even popcorn counts.

Source: American Dietetic Association



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