



Mission In Motion

Health & Wellness
Tip of the Week
Week 16



April 15, 2013



An apple a day... This fruit contains many nutrients to help keep you healthy, including small amounts of vitamin C, beta carotene, potassium and folic acid, plus they're a great source of fiber. Apples are delicious, inexpensive, plentiful, portable and always available. With about 100 calories, they're an ideal snack.

Source: University of California, Berkeley Wellness Letter

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