

Mission In Motion

Health & Wellness
Tip of the Week
Week 44



October 28, 2013

Make colorful choices! Choose bright and dark-colored fruits and vegetables. The color is generally a sign of extra nutrients. For instance, buy red grapes instead of green, romaine or watercress rather than iceberg lettuce, red cabbage instead of green, and dark orange carrots over pale ones.

Source: University of California, Berkeley Wellness Letter

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

