

Mission In Motion

Health & Wellness Tip of the Week Week 51



December 16, 2013

What's lurking in your pantry? Could it be hidden fat? Be on the look out for hidden fat in:

- Packaged potato mixes and rice dishes
- Stuffing/breading mixes
- Crackers
- Granolas
- Toaster pastries
- Instant breakfast drinks
- Bagel/pita bits and crisps
- Frozen vegetables in sauce
- Refried beans
- Pre-popped and microwavable popcorn
- Nondairy creamers
- Flavored instant coffee mixes

Source: University of California, Berkeley Wellness Letter

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