

Mission In Motion

Health & Wellness Weekly Bulletin

March 2012—Nutrition



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Variety is the spice of life



The best way to give your body the balanced nutrition it needs is by eating various nutrient-packed foods and staying within your daily calorie goals. A healthy eating plan should:

- Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Include lean meats, poultry, fish, beans, eggs and nuts
- Be low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars

Source: U.S. Department of Agriculture



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