

Health & Wellness Tip of the Week

Week 10
March 6, 2017

March is all about Nutrition

It is the perfect time to remind everyone about the importance of feeding your body what it needs in order to be in the best shape!



The Many Plusses of Eating Produce

Here are five reasons why you may want to make sure to get healthy doses of fruits and veggies every day:

- They add color and texture to your plate, and may make your meal more appealing.
- They're convenient nutrition. Whether fresh, frozen, canned, dried, or as 100% juice, fruits and veggies are packed with vitamins and minerals that your body needs to stay healthy and feel energized.
- They're full of fiber to fill you up and keep your digestive system on track.
- They're low in calories. You can get a satisfying serving size without sabotaging your weight-control efforts.
- They reduce your risks of certain conditions and diseases such as heart disease and some cancers.

Sources: Fruits and Veggies – More Matters

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