

NUTRITION IS IN YOUR HANDS

Get all the nutrients you need to be good to go for the day.

DID YOU KNOW

- Grains are naturally high in fiber.*
- Yogurt contains protein and calcium.**
- You can get energy from healthy fruits, vegetables and exercise!***



* Mayo Clinic, 8/20/2020, www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/whole-grains/art-20047826
** Harvard School of Public Health, www.hsph.harvard.edu/nutritionsource/food-features/yogurt/
*** Livestrong, 11/4/2018, www.livestrong.com/article/538445-list-of-fruits-and-vegetables-that-boost-energy/