


Freshman Fifteen?

weight loss



Want a quick snack that won't pack on the pounds?

Grab a pear, apple, mango, or peach. These fiber-rich foods can make you feel full without a lot of calories. As a bonus, they deliver lots of vitamins and minerals. Vegetables like asparagus, green beans, broccoli, bell peppers, and zucchini are also loaded with nutrients and are a great choice when you're on the go.

*Produce is
Powerful!*

Mother Nature — your diet's best friend.

LiveAMoreColorfulLife.org



**Tarrant County
Public Health**

Source: The Mayo Clinic
Center for Disease Control and Prevention