

Running on Steam?

energize

Skip that bag of chips. When you're low on fuel, choose natural energy. Grab an apple or banana, munch on some melon or mangos, nibble on carrots or bell peppers, or eat a leafy green salad topped with berries. These foods are packed with energy-boosting nutrients.

And what college student couldn't use a little more energy?

*Produce is
Powerful!*

LiveAMoreColorfulLife.org



**Tarrant County
Public Health**