

‘NUTRITIONAL TIPS’

ARE HEALTH FOODS BETTER

Does the term "Health Food" mean other foods aren't health foods?

Foods available in supermarkets are just as healthy as those sold in specialty stores, the major difference may be the price. Health food stores often have less variety than larger stores, thus causing the price to be higher. But they may offer some items you can't find anywhere else.

If you're looking for health foods, the supermarket, the corner grocery, or the health food store, are all good choices. The most important part about the foods you choose is that you include a variety of foods to get the vitamins and minerals you need. Add plenty of whole grains, beans, fruits and vegetables to your shopping list. And don't forget the low-fat dairy products with a nice compliment of lean meat, fish or poultry, the healthiest foods you can find.

Don't be sucked in by the premise that the Super Market does not make healthy food available!

‘PERFORMANCE EXCELLENCE’

“Welcome Aboard!”

“Enjoy The Ride!”

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