

‘NUTRITIONAL TIPS’

TRUE OR FALSE? DON'T BE FOOLED BY MISINFORMATION

True or false: “Natural” food products are inherently superior to their counterparts?

The answer is false, just like many other nutrition myths. Don't be fooled this April Fool's Day.

Many diets tout their benefits, but be wary if your nutrition plan:

- Promises a quick fix
- Offers dire warnings about a food or product
- Makes statements that contradict reputable health groups
- Requires the purchase of certain products
- Makes the same recommendations for everyone
- Classifies food as “Good” or “Bad.”

Get the straight facts from good food and nutrition resources and experts.

Seek advice from a dietetics professional for all of your food and nutrition questions.

**“Welcome Aboard!”
“Enjoy The Ride!”**

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