



## **More Bounce by the Ounce . . .**

### **When you choose food from nature ...you get:**

- ✓ more nutrients: more vitamins, minerals, antioxidants, and phytochemicals
- ✓ more quantity: more food to eat with fewer calories
- ✓ more fiber and satiety: a fuller and more satisfied feeling
- ✓ more color: beauty on the plate
- ✓ more flavor: tantalizing tastes from fresh, succulent fruits and crunchy veggies
- ✓ more variety: abundance of variety in the produce department
- ✓ more balance: a balance of nutrients that are naturally low in calories
- ✓ more energy: complex carbohydrates for optimal energy—just ask the athletes
- ✓ more productivity: a brain that works more efficiently more beauty: clear skin, bright eyes, and slowdown of the aging process
- ✓ more confidence: to know you are doing the right thing

**Get More Bounce by the Ounce . . . You deserve it!**