

Mission In Motion

January 2012—Weekly Bulletin
Weight Loss



January 2, 2012—Week 1: Trying to lose weight?

Add high-fiber foods to your diet. They're filling and nutritious—plus fiber helps reduce the number of calories that your body absorbs. Use these tips to increase your daily fiber intake:

- Eat more fruits and vegetables—at least 2 cups of fruit and 2 cups of vegetables each day. Berries are especially high in fiber and offer a good alternative to fruit you may normally select.
- Choose a variety of fiber sources such as whole grain bread and cereal, oatmeal, and beans.
- Serve meat entrees on a bed of grilled zucchini, sautéed spinach or sliced onions. Skip the rice and potatoes.

Snack on air-popped popcorn, dry-roasted nuts and seeds.

Source: University of California, Berkeley Wellness Letter

Human Resources Dept.
1201 E. 8th Street
Mission, TX 78572
956-580-8630

**WEIGHT
LOSS
CHALLENGE**