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!