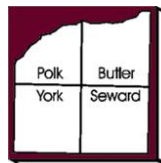


Healthy Eating on the Run



In place of fries or chips, choose a side salad, fruit or baked potato.

Try a smoothie made with juice, fruit and yogurt for a light lunch or snack.



**Four Corners
Health Department**



Public Health
Prevent. Promote. Protect.