



# Healthy Suggestions

## \*Fresh Produce\*

Make a habit of walking through the fresh produce section of your local supermarket. Buy a variety of fruits and vegetables to make sure you're getting 5 A DAY. Eat 5-9 servings of fruits & vegetables daily!

## \*100% Whole Wheat Pita Bread\*

Whole-wheat pita bread is often lower in sodium than regular, sliced whole wheat bread. So why not mix things up and use pita bread for your next tuna or turkey sandwich!

## \*Sugar Substitutes\*

Splenda® is a new sugar substitute made with real sugar. It tastes great and is low in calories. Splenda® is an alternative for diabetics and is also useful for anyone watching their sugar intake.

Developed by Christina Persaud (2/04) with information from Communication Food for Health Newsletter ©2004 Food & Health Communications ([www.foodandhealth.com](http://www.foodandhealth.com))

Casita Maria Vitagrant Project funded by the Indirect Vitamins Purchaser's Antitrust Litigation Settlement Administration by the New York State Attorney General