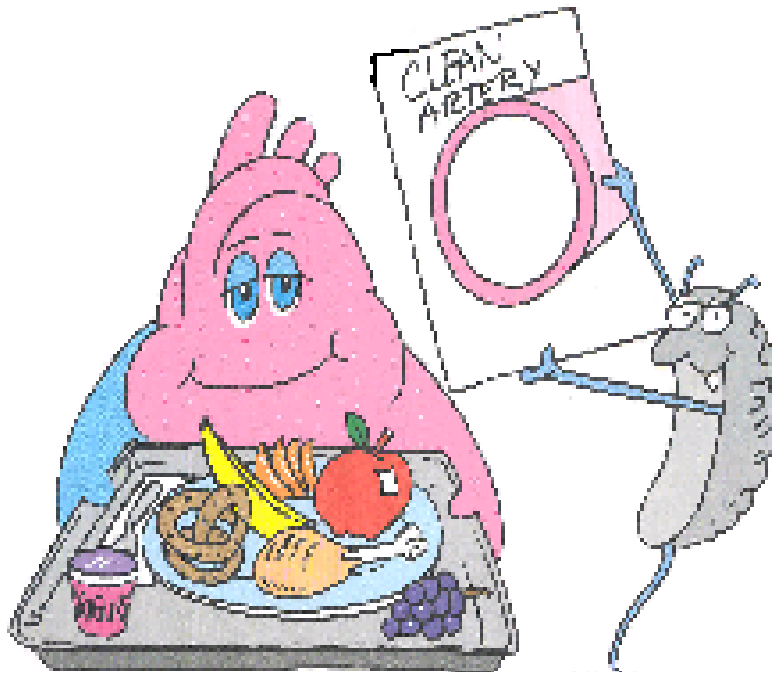


**Health Tip of the Month:**  
**Focus on Heart Healthy Low-fat Choices**



1. Choose fruits & vegetables as a snack
2. Choose low-fat dairy products
3. Choose a baked potato instead of fries
- 4.. Choose bake Grilled or broiled meats
5. Choose low-fat dressing for salads & sandwiches