

BUY ANY **2** FROM THE LIST BELOW
AND
GET A **FREE** TOTE BAG!



FILL YOUR BAG WITH HIGH FIBER
AND
HEART HEALTHY FOODS

- ✓ Canned, frozen or fresh vegetables without sauce
- ✓ Canned, frozen or fresh fruits packed in natural juice
- ✓ Beans, peas, and lentils
- ✓ Bread, cereal, pasta & rice with 3 grams or more of fiber per serving (read the Nutrition Facts label on package)
- ✓ Yogurt, part-skim cheese, and 1%, fat free milk, or low-fat soy milk with 3 grams or less of fat per serving
- ✓ Healthier cooking oils: olive, canola, safflower, and sunflower

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